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FACING DECLINING SALES, BREWERS ACROSS NORTH AMERICA LOOK INTO AN UNTAPPED MARKET: WOMEN PAGE 14

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# Island escapade ends in arrest

**Bust.** Wanted Ottawa man accused of $600k theft arrested at hotel on Caribbean island

JOE LOFARO
joe.lofaro@metronews.ca

The co-founder of an Ottawa electronic music fest got a rude awakening in paradise after cops in Oranjestad, Aruba, came to handcuff him at his hotel room and extradite him back to Canada.

Nickolas Guindon-Vachon, 26 — wanted by Ottawa police on charges of theft over $5,000 and possession of stolen property over $5,000 — was arrested by Aruban authorities Aug. 6.

He's accused of stealing $600,000 from the Escapade Music Festival on Canada Day weekend. He was last seen carrying a large box and leaving the Ottawa Stadium the morning of July 2.

Aruba, located in the Caribbean, about 27 kilometres north of Venezuela, is dotted with luxury hotels and casinos.

Ann Angela, spokesperson for Aruba's public prosecution office, said Guindon-Vachon did not resist arrest when police arrived at his hotel room. Media reports from Aruba say he was staying at a Marriott hotel.

"He opted for the short (extradition) process and co-operated with the detectives to leave Aruba as soon as he could," said Angela.

He left Aruba in police custody on Tuesday, she added. Two Ottawa detectives went to take Guindon-Vachon into custody in Oranjestad.

The accused made a brief court appearance in Ottawa Wednesday before being remanded to the Ottawa-Carleton Detention Centre, said Const. Marc Soucy.

Michael O'Farrell — Guindon-Vachon's business partner at DNA Presents — said he is glad that there is some closure to the investigation, but the missing money has impacted the company.

"It's been a very stressful time for ourselves, our friends, and our family, as well as our business. We've had to lay off employees, restructure the company," said O'Farrell. "(But) the support has been enormous."

O'Farrell said he had to lay off three employees and some part-time staff as part of the restructuring. "Those were funds for payroll and whatnot and operating expenses," he added.

Ottawa police went "over and above" in the investigation and worked very seriously on the case, O'Farrell said.

Follow Joe Lofaro on Twitter @giuseppelo

Nickolas Guindon-Vachon is seen here in handcuffs while being escorted by local authorities in Aruba after he was arrested on Aug. 6. COURTESY OF 240RA.COM

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# Vandals torch play structure, causing $40,000 in damages

**Fiery scene in Aylmer.** Accelerant used in arson, police unable to say if incident is linked to previous string of blazes

GRAHAM LANKTREE
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Toxic smoke could be seen in Ottawa from a raging fire set by vandals that consumed a plastic children's play structure at Aydelu Park in Aylmer Tuesday evening.

"It was all that plastic that was burning," said Gatineau police Sgt. Jean-Paul Le May. "I don't think I would go breathe that smoke."

After receiving a tip, police arrived at the park at 6:30 p.m. to find a heavily damaged structure that they estimate will cost the city $40,000.

Early investigation found the fire was sped up by an accelerant.

"There have been in the past year a couple other incidents involving play structures," said Le May, but he couldn't speculate whether they are linked to this case.

In May, there was a string of 30 arson fires mostly set in recycling bins behind Gatineau homes.

Some of those fires spread to playground equipment and one to a city building, resulting in $10,000 in damages.

Follow Graham Lanktree on Twitter @MetroGraham

A photo posted to Twitter captured the children's play structure engulfed in flames. TWITTER.COM

# Family fears for Halifax woman missing in Ottawa

A 23-year-old woman from Halifax has gone missing in Ottawa, her family says.

Alyson Provost was staying with her aunt on Merivale Road and took a bus to the Rideau Centre at about 3 p.m. to go shopping but never returned, said her sister Christina Provost. At about 9 p.m., Alyson took out money from an ATM on Bank Street.

"She's never been out of Nova Scotia before," said Christina. "The only people she knows in all the province are my cousins and my aunt."

Her family contacted police and filed a missing-person's report on Tuesday morning, said Christina.

Alyson is shy and "not a bar-hopper," said her sister. "It would out of character for her to not come home."

Alyson Provost CONTRIBUTED

Provost is white, stands about five-foot-two and has a slim build and long, dark-brown hair.

Det. Rebecca Vanderwater with the Ottawa police missing-persons unit said the police are aware of the case and are using "investigative techniques" to find her. The force issued a press release late Wednesday evening asking the public for help in locating the missing Haligonian.

The family filed a missing-person's report for Alyson in May when they lost contact with her for a few days, but it ended up being a "complete misunderstanding," said Christina. Alyson's phone had run out of minutes and she had called the family from a payphone, but missed them.

Christina said Alyson wouldn't stay away from her aunt's house in Ottawa without contacting the family.

JESSICA SMITH/METRO

**Call for surveillance**

## Cameras needed on Para Transpo, says former accessibility committee chair

The former chair of the city's Accessibility Advisory Committee joined the call for surveillance cameras to be installed on Para Transpo buses in light of a case of a former driver raping a passenger last May.

Victor Fuentes, 54, was sentenced to four years in prison Tuesday after he pleaded guilty to sexually assaulting a 26-year-old passenger who has cerebral palsy.

"I think that cameras are needed on the buses, that we have very vulnerable people on the buses," said Catherine Gardner, who is a Para Transpo client and member of the Accessibility Advisory Committee. "It can protect the drivers, too."

Gardner said she has received a number of emails from people who lodged complaints about their experiences on Para Transpo. She said the complaints amounted to cases of "he said, she said."

"If we had cameras on buses we would know exactly what happened," she added.

Gardner said she raised the camera issue with Coun. Rick Chiarelli after she learned about the Fuentes case, but she has not heard back from him.

Coun. Bob Monette, vice-chair of the city's transportation committee, said he is open to the possibility of having cameras being installed on Para Transpo buses, but it would be a large undertaking for the transportation service.

JOE LOFARO/METRO

## 1 NEWS

**Mobile news**

**Researchers have identified strange-looking mutated butterflies found near Japan's Fukushima nuclear plant. Scan the code to see why the science community is so worried.**

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# Ottawa River Parkway renamed after Canada's first prime minister

John Baird shakes hands with actors dressed as Sir John A. Macdonald and his wife after unveiling a sign for the new Sir John A. Macdonald Parkway on Wednesday. JESSICA SMITH/METRO

**On the road.** John Baird unveils the Sir John A. Macdonald Parkway

JESSICA SMITH
jessica.smith@metronews.ca

The National Capital Commission (NCC) renamed the Ottawa River Parkway the Sir John A. Macdonald Parkway on Wednesday morning.

"It is a real honour to be here for this exciting announcement, the naming of the Sir John A. Macdonald Parkway after Canada's first prime minister and Father of Confederation," said Foreign Affairs Minister John Baird. "The Canada we know and love today did not come together by accident. The Canada we know and love today is a result of hard work of the men and women who came before us, with both a vision of what Canada's collective vision could be and the purpose and resolve to make it happen."

Baird credited Macdonald's leadership in building the Canadian Pacific Railway, the expansion of the western provinces and the Northwest Territories, the creation of the Northwest Mountain police and the first national park.

The NCC named the former Bank of Montreal building on Wellington Street after Macdonald earlier this year. Asked if the namings had to do with Macdonald being conservative, Baird said it was about "honouring the contributions of great Canadians."

**Smoking bylaws**

## *Fines not a priority for Baird*

John Baird says his government has no plans to empower the National Capital Commission to levy fines against smokers.

NCC officials support the City of Ottawa's new outdoor smoking ban, but it is unclear whether they can legally levy fines in its parks like the city.

"I have a remarkable ability to make a difference to my constituents, to focus on their priorities — their hospital care, job creation, economic growth, seeking peace in Syria. Frankly, giving the power to give tickets to smokers in parks just is not a priority for me," he said at Wednesday's event. METRO

# Lifesaving teen honoured with Jubilee Medal for saving boy

Ottawa lifeguard Kate Winn was awarded a Queen's Diamond Jubilee Medal on Wednesday for saving a four-year-old boy's life earlier this summer.

On her first day of work as a lifeguard at the Michele Heights Community Centre pool, the 18-year-old found a child face down in the water. Winn immediately removed the young boy from the pool and administered three rounds of CPR before paramedics arrived.

Her quick thinking has been credited with saving the child's life.

"I wasn't even thinking at the time — I don't know," said Winn. "I have no words at all. It's an honour to receive it. I was just doing my job."

John Baird, MP for Ottawa West-Nepean, presented Winn with the medal.

"It's an opportunity to highlight and acknowledge the great contributions of Canadian's coast to coast to coast improving the quality of life," Baird said of the award. "It's a pretty remarkable accomplishment and it's great to look at so many great young people in Canada who make a contribution."

Since the incident, Winn has kept in touch with the young boy and his family, who continue to frequent the pool.

"He loves to swim. I play with him in the water all the time. I love to hear him laugh," said Winn.

"He wears a life-jacket now," she added.

In the fall, Winn is headed to St. Francis Xavier University in Antigonish, N.S., where she plans to study human kinetics.

JESSICA BEDDAOUI/METRO

Kate Winn shows off her Diamond Jubilee Medal. JESSICA BEDDAOUI/FOR METRO

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# London calling. U.K. capital can teach Ottawa lessons on transit, speeding: Councillor

Ottawa has lessons to learn from London, said councillor Mathieu Fleury after returning from almost a month of work as an Olympic outfitter at the London summer games.

"It was my first time in Europe and my first impression was that it's very urban," he said. "London's transit system is 100 years ahead of us. They combine systems like no tomorrow."

As city hall kicks back into high gear this September, Fleury said that he intends to bring some of the urban solutions he saw on London's streets to the table.

"I'm going to share these ideas with other councillors. It was a good opportunity to see how things work elsewhere," he said. "We have to think differently and be visionary."

Ottawa's planned light-rail system could benefit, he said.

Rideau-Vanier city councillor Mathieu Fleury said Ottawa could learn a lot from London's urban landscape. GRAHAM LANKTREE/METRO

"London was able to integrate their bus system with the underground, and those lessons, such as stations in walking distance, with good visibility and way-finding, should inform our process."

Fleury also said he didn't see a lot of speeding, and attributes it to London's narrower streets and speed cameras. London has also mastered building height restrictions and policies to prevent abandoned properties from becoming eyesores, he said.

GRAHAM LANKTREE/METRO

**Boulevard Lorrain**

## Pit bulls attack car shopper

A Gatineau man suffered serious injuries to the face after he was attacked by two pit bulls on Wednesday afternoon. The victim was transported to Gatineau hospital and is being treated for serious injuries to his face. Police say the dogs are currently in quarantine.

JESSICA BEDDAOUI/FOR METRO

**Heron Gate**

## Debit mix-up likely in eviction notices

Owners of two buildings in Heron Gate say many of their residents received eviction notices for non-payment of rent because the money may have mistakenly gone to the wrong company. The new owners of the complex, Timbercreek Asset Management, spent Wednesday trying to figure out who actually paid rent and who didn't — and contacting everyone who got notices to apologize. JESSICA SMITH/METRO

**Yorks Corners Road**

## Sod-farm worker injured by forklift

A 59-year-old man was pinned by a forklift between a fence and a transport trailer at a work site in Edwards Wednesday morning. The worker at a sod farm on Yorks Corners Road was freed after about 30 seconds, paramedics said. He remained conscious and was taken to hospital in serious but stable condition.

JESSICA SMITH/METRO

Cassel brewery's Benjamin Bercier, left, Mario Bourgeois and Michel Racine launched the small 1,000-square-foot brewery in the town of Casselman on July 14. GRAHAM LANKTREE/METRO

# Kings of Cassel Brewery say there's room for little guy

**Craft beer.** From basement hobby to business

GRAHAM LANKTREE
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Ottawa's craft-beer scene is gaining steam, and one of the region's smallest craft breweries debuting at Craft Beer Week says there's room for the little guy too.

"The craft-beer market is emerging like I've never experienced," said Mario Bourgeois, co-owner and brewmaster of the Cassel Brewery Co., which started selling suds July 14 in the company's 1,000-square-foot brewery in the nearby town of Casselman.

"Breweries are popping up everywhere in Ottawa," he said. "Craft beer is only eight or nine per cent of the market. So now is the time to jump in."

After brewing off and on in his basement since 2000, Bourgeois said things picked up in 2009 when he cooked up 4,000 litres in his garage and began giving it away for free.

"I asked people to taste it and tell me honestly what they think," said Bourgeois, who offered up more than 1,000 sample packs with a few flavours to anyone willing to give it a shot.

"Everybody fell in love with our Golden Rails honey brown," he said. "The worst part of it was getting back all the bottles."

At Craft Beer Week, Bourgeois' business partners Benjamin Bercier and Michel Racine will serve up four- and eight-ounce samples of the hit honey brown and a blanc they call White Fog.

"The blanc was the beer that took me the most tries to get it where I wanted it," Bourgeois said. "I changed the grain proportion and used a dry yeast that just came out, which made the biggest difference. It's tart and refreshing and we brew it with orange peel and coriander."

The National Capital Craft Beer Week will hold tastings August 17 to 18 outside Ottawa City Hall.

Follow Graham Lanktree on Twitter @MetroGraham

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Bladder trouble

## Prince Philip, 91, back in hospital

Queen Elizabeth's husband, Prince Philip, was admitted to hospital in Aberdeen, Scotland, on Wednesday with a recurrence of the bladder infection he suffered earlier this summer.

THE ASSOCIATED PRESS

Robbery at icon's home

## Steve Jobs' wallet had a dollar inside

The burglar who broke into Steve Jobs's house made off with the Apple co-founder's wallet with a dollar inside and his driver's licence along with Apple gadgets and jewelry, says a police report.

The suspect, Kariem McFarlin, 35, allegedly targeted the unoccupied Palo Alto, Calif., home because it was under renovation. Jobs died last October.

Also taken were iPhones, iPads, iPods, Mac computers, Cristal Champagne and $60,000 worth of Tiffany & Co. jewelry.

McFarlin has been jailed on $500,000 bail.

He faces almost eight years in prison if convicted.

THE ASSOCIATED PRESS

'Oh my god!'

## Gunfire, panic in temple rampage

Gunfire can be heard in recordings of emergency calls from the scene of the shooting that killed six worshippers at a Sikh temple in the U.S.

Milwaukee County authorities on Wednesday released tapes from the Aug. 5 attack at the Sikh Temple of Wisconsin.

As one caller says "There's a shooting," gunfire can be heard.

Another woman calls to report seeing someone shot. At one point, a dispatcher says, "Oh my god!"

White supremacist Wade Michael Page opened fire at the temple before shooting himself.

THE ASSOCIATED PRESS

Two dozen cities

## Global rallies for Pussy Riot band

Rallies urging freedom for members of Pussy Riot will be held Friday before a Russian court rules on their fate. The three women have been in jail for five months because of an anti-Putin prank.

THE ASSOCIATED PRESS

# Town's double dose of grief

**Carnage in Syria.** Two savage bombing raids kill at least 20, including a baby; women and children among the wounded

Syrian fighter jets swooped in low over the rebel-held town of Azaz Wednesday in two bombing runs that sent panicked civilians fleeing for cover and reduced homes to rubble.

The Britain-based Syrian Observatory for Human Rights said 23 people died in the double airstrike and more than 200 were wounded.

Mohammed Nour, a local activist reached by phone, put the death toll at 25. Neither figure could be independently confirmed.

One man was pulled bloodied but alive from the wreckage of destroyed homes.

"God is great! God is great!" yelled his rescuers.

Nearby, a woman sat on the pile of bricks that once was her home, cradling a dead baby.

Two other bodies lay next to her, covered in blankets.

"I saw the plane come down and some missiles fall and then there was smoke all over," said Mohammed Fuad, 18, who lives near the site of the attacks.

"When it cleared, we heard screaming and saw rubble all over the streets."

The attack came on the same day the United Nations released a report accusing Syrian President Bashar Assad's forces of war crimes in the killings of more than 100 civilians — nearly half of them children — in the village of Houla in May.

THE ASSOCIATED PRESS

**Attack scene**

**Azaz, about 48 kilometres north of Aleppo, considers itself "liberated" since rebel forces pushed out the army in a series of gritty street battles last month. Its largest rebel group, the Northern Storm Brigade, runs a prison and the nearby border crossing with Turkey.**

Injured but alive: Syrians leave a field hospital in Azaz after an airstrike Wednesday. KHALIL HAMRA/THE ASSOCIATED PRESS

Wants new ideas

## *Baird thinks again over $2 million*

Foreign Affairs Minister John Baird has changed his mind about giving $2 million to a Syrian-Canadian group so it could buy medical supplies.

The Canadian Press has learned Baird has told officials to find another way to get the supplies to Syria.

The government announced on the weekend that Canadian Relief for Syria would be given the $2 million to provide medical care to people caught up in the ongoing conflict.

But a government source says Baird is concerned that some of the funds will be used for warehouses and other infrastructure.

THE CANADIAN PRESS

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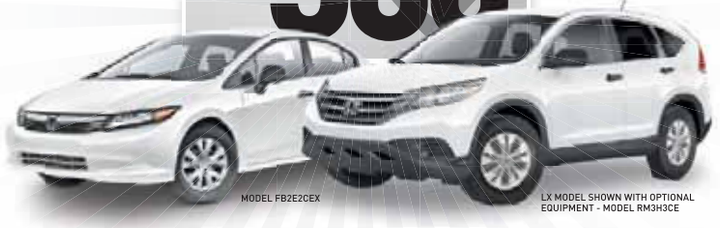

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In this photo taken on July 17, Thai customs officials stand next to a line of ivory that was confiscated and shown at a news work hand-in-hand with ivory traffickers to ensure that other shipments through Suvarnabhumi International Airport are

# Top dogs of wildlife trafficking slipping through the cracks

**Smuggling.** Kingpins appear to be taking advantage of corrupt cops and officials

Squealing tiger cubs stuffed into carry-on bags. Luggage packed with hundreds of squirming tortoises, elephant tusks, even water dragons and American paddlefish. Officials at Thailand's gateway airport proudly tick off the illegally trafficked wildlife they have seized over the past two years.

But Thai and foreign law-enforcement officers tell another story: Officials working hand in hand with traffickers ensure that other shipments through Suvarnabhumi International Airport are whisked off before they even reach customs inspection.

It's a murky mix. A 10-fold increase in wildlife law-enforcement actions, including seizures, has been reported in the past six years in Southeast Asia. Yet, the trade's Mr. Bigs, masterful in taking advantage of pervasive corruption, appear immune to arrest and continue to orchestrate the decimation of wildlife in Thailand, the region and beyond.

**Shady deals**

- Officials at the airport, one of Asia's busiest, acknowledge corruption exists, but downplay its extent.
- Another shortfall in the system is the multiple agencies that often don't co-operate.
- Each with a role at Bangkok's airport: the police, national parks department, customs, immigration, military and CITES, all of which regulate international trade in endangered species.

And Southeast Asia's honest cops don't have it easy.

"It is very difficult for me. I have to sit among people who are both good and some who are corrupt," says Chanvut Vajrabukka, a retired police general. "If I say, 'You have to go out and arrest that target,' some in the room may well warn them," says Chanvut, who now advises ASEAN-WEN, the regional wildlife enforcement network.

Several kingpins, says wildlife activist Steven Galster, have recently been confronted by authorities, "but in the end, good uniforms are running into, and often stopped by, bad uniforms. It's like a bad Hollywood cop movie."

Recently, Lt. Col. Adtaphon Sudsai, a highly regarded, outspoken officer, was instructed to lay off what had seemed an open-and-shut case he cracked four years ago when he penetrated a gang smuggling pangolin along the Mekong River.

This led him to Mrs. Daoreung Chaimas, alleged by conservation groups to be one of Southeast Asia's biggest tiger dealers. Despite being arrested twice, having her own assistants testify against her and DNA testing that showed two cubs were not offspring from zoo-bred parents as she claimed, Daoreung remains free and the case may never go to the prosecutor's office.

Daoreung is the spouse of a police officer.

THE ASSOCIATED PRESS

conference in Bangkok. According to Thai and foreign law-enforcement officers, Thai customs officials whisked off before they even reach customs inspection. APICHART WEERAWONG/THE ASSOCIATED PRESS

In this photo taken June 2, 2011, a Thai custom officer shows an Indian gharial, a type of crocodile, with its mouth tied at a news conference on wildlife seized in Bangkok. APICHART WEERAWONG/THE ASSOCIATED PRESS

A young Indian roofed turtle crawls on the fingers of a customs official in this 2011 photo. APICHART WEERAWONG/THE ASSOCIATED PRESS

Endangered animals

## China the top consumer of illegal goods

The issue of animal smuggling is prevalent elsewhere in Southeast Asia, the prime funnel for wildlife destined for the world's No. 1 consumer — China — where many animal parts are consumed in the belief they have medicinal or aphrodisiacal properties.

Most recently, a torrent of rhino horn and elephant tusks has poured through Asia from Africa, which suffers the greatest slaughter of these two endangered animals in decades. Vietnam was singled out last month by the World Wide Fund for Nature as the top destination country for the highly-prized rhino horn.

Tens of thousands of birds, mostly parrots and cockatoos plucked from the wild, are being imported from the Solomon Islands into Singapore, often touted as one of Asia's least corrupt nations, in violation of CITES, the international convention on wildlife trade.

According to TRAFFIC, the international body monitoring wildlife trade, the imported birds are listed as captive-bred, even though it's known that the Pacific Ocean islands have virtually no breeding facilities.

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# E-dealer. Canadians among the top users of illicit drug website

Marijuana is the top-selling drug on the Silk Road site. THE ASSOCIATED PRESS

Canadians are among the top sellers and buyers of marijuana, steroids, cocaine and other drugs available at the click of a mouse on an anonymous website that functions like a black market version of eBay, a study has found.

The website, called Silk Road, uses a digital currency to protect online purchases, and an anonymity software to conceal users' identities online, making it very difficult for law-enforcement agents to locate the site's servers or its participants.

Nicolas Christin, a cybersecurity professor at Carnegie Mellon University in Pittsburgh, Pa., said the website is growing at an alarming rate, with total revenues estimated at $1.9 million per month.

THE CANADIAN PRESS

Accidental incident

## Don't keep a gun in your pocket

A man accidentally shot himself in the buttocks Tuesday at a cinema in Nevada during a showing of The Bourne Legacy. The man told officers the gun fell from his pocket and discharged. THE ASSOCIATED PRESS

Mexican forests

## Logging axed in butterfly reserve

Illegal logging has nearly been eliminated in the western Mexico wintering grounds of the monarch butterfly, thanks in part to an anti-logging patrol program, a new research report says. THE ASSOCIATED PRESS

# Centuries-old sunken ship brought back from the deep

**Dry land.** Researchers at Texas university try to reconstruct French explorer's vessel with the help of a gigantic freeze-dryer

The hull of the 17th-Century French ship La Belle is shown at the Texas A&M University Center for Maritime Archaeology and Conservation in Bryan, Texas. TEXAS A&M UNIVERSITY/THE ASSOCIATED PRESS

More than three centuries ago, a French explorer's ship sank in the Gulf of Mexico, taking with it France's hopes of colonizing a vast piece of the New World — modern-day Texas.

Like La Salle in 1685, researchers at Texas A&M University are in uncharted waters as they try to reconstruct his vessel with a gigantic freeze-dryer, the first undertaking of its size.

By placing the ship, named La Belle, in a constant environment of up to 60 degrees below zero, more than 300 years of moisture will be safely removed from hundreds of European oak and pine timbers and planks.

Researchers will then rebuild the 16.5-metre vessel, which will become the centerpiece of the Bob Bullock Texas State History Museum in Austin.

From a historical perspective, it's "an icon of a small event that dramatically changed the course of Texas history," said Jim Bruseth, who led the Texas Historical Commission effort to recover the remains.

The supply ship was built in 1684 and sank two years later in a storm on Matagorda Bay, about midway between Galveston and Corpus Christi.

"When La Belle sank, that doomed La Salle's colony and opened up the door for Spain to come in and occupy Texas," Bruseth said. "People can see firsthand how history can turn on a dime."

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Quoted

**"People can see firsthand how history can turn on a dime."**

**Jim Bruseth,** who led the Texas Historical Commission effort to recover the remains of the sunken ship La Belle

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# Repentant Japan recalls WWII, seeks forgiveness

**Nation's PM mourns the dead.** His message: 'We have caused tremendous damage and pain to many countries ...'

Family members and relatives of war dead lay flowers during a memorial service in Tokyo on Wednesday. SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Japan marked the 67th anniversary of its Second World War surrender with a sombre ceremony in the capital Wednesday.

Prime Minister Yoshihiko Noda mourned the war dead and apologized to victims of Japanese wartime atrocities.

"We have caused tremendous damage and pain to many countries, particularly the Asian people, during the war," Noda said.

"We deeply regret that and sincerely mourn for those who were sacrificed and their relatives. We will not repeat the same mistake."

Emperor Akihito, whose father made the unprecedented 1945 national radio address announcing the war could not be won, also offered prayers for the dead.

Meanwhile, there are tensions between Japan and its neighbours. Tokyo was angered by a recent visit by South Korean President Lee Myung-bak to contested islands in the Sea of Japan.

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# Attacks fly as U.S. race gets increasingly heated

U.S. President Barack Obama looks on as Michelle Obama speaks during a campaign stop on Wednesday in Iowa. CHARLIE NEIBERGAL/THE ASSOCIATED PRESS

Republican presidential candidate Mitt Romney speaks to travelling press secretary Rick Gorka on Wednesday in Ohio. MARY ALTAFFER/THE ASSOCIATED PRESS

**Election.** Romney accuses Obama of running campaign driven by 'hatred'; Obama says that his rival's hawking 'trickle-down snake oil'

Republican presidential challenger Mitt Romney said U.S. President Barack Obama is running a campaign driven by "division and attack and hatred" and called on him Wednesday to lift the tone of political discourse.

In a close and increasingly acrimonious race, Romney went on national television to say he thinks Obama is "running just to hang onto power, and I think he would do anything in his power" to remain in office.

They were some of Romney's harshest words yet against the president. He was interviewed on CBS television from the battleground state of Ohio, one of fewer than 10 key states that will help decide the November election.

Closing out a three-day bus journey across the Midwestern state of Iowa, Obama did not respond to the Romney attack, but accused his opponent in the Nov. 6 presidential election of "trying to sell this trickle-down snake oil before."

Many business-friendly Republicans maintain that creating a better economic climate for top income earners and big corporations produces benefits that spread downward to lower-income workers.

Obama insists that Romney and his newly named vice-presidential running mate, Rep. Paul Ryan, have laid out a program that reprises the economic policies of former President George W. Bush: Big tax breaks for the wealthy and cuts to the social safety net for older Americans and the needy.

He blamed that economic philosophy for leading the country into the deepest economic downturn since the Great Depression, saying Republicans were responsible for middle- and low-income wages stagnating or falling since the turn of the century.

THE ASSOCIATED PRESS

## Fall. Penn State to host child-sex-abuse conference

Penn State announced Wednesday that it will host a national child-sex-abuse conference this fall, the latest in a series of initiatives designed to raise awareness of the issue and help the university recover from a devastating molestation scandal.

The gathering scheduled for Oct. 29 and 30 in State College will feature academic and clinical experts on childhood molestation and trauma, as well as remarks by retired boxing champ Sugar Ray Leonard and former kidnapping victim Elizabeth Smart, both of whom suffered sexual abuse.

"Penn State has made a commitment to becoming a leader in the research, prevention and treatment of child abuse, and this conference is an important part of that," university President Rodney Erickson said in a statement.

THE ASSOCIATED PRESS

**Paterno book**

**Joe Paterno sobbed while meeting with his coaches and a former player the day after he was fired from Penn State, according to an excerpt of an upcoming book on Paterno to be published in GQ magazine.**

- "I have spent my whole life trying to make (my) name mean something. And now it's gone," Paterno is quoted as telling his son.

**Caregiving**

### 'Silver tsunami' PSA launched

There's a campaign beginning Thursday to raise awareness of the heavy impact of family caregiving as the U.S. ages — and to point overwhelmed families toward resources that may ease the strain.

In a new public-service ad, a woman grips her car's steering wheel as her frail father, on oxygen, coughs beside her and her kids play in the back seat. The frustration is recognizable to millions who struggle to care for aging loved ones while holding down jobs and raising children.

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# Only two per cent of Canadians deny climate change: Poll

**Paradigm change.** Poll comes after Alberta election, in which it is believed the Wildrose Party lost when party leader Danielle Smith refused to admit climate change exists

51 per cent of Canadians believe fossil fuels will still be used after the year 2050 for electricity production in Canada. GETTY IMAGES

Only two per cent of Canadians who responded to a new opinion poll believe climate change is not occurring.

The findings are in a survey conducted by Insightrix Research, Inc. for IPAC-CO2 Research Inc., a Regina-based centre that studies carbon capture and storage.

The online poll of 1,550 people was done between May 29 and June 11.

The results were released on Wednesday.

"Our survey indicates that Canadians from coast to coast overwhelmingly believe climate change is real and is occurring, at least in part due to human activity," said centre CEO Carmen Dybwad.

Respondents were asked where they stood on the issue of climate change.

Almost one-third — 32 per cent — said they believe climate change is happening because of human activity, while 54 per cent said they believe it's because of human activity and partially due to natural climate variation.

Nine per cent believe climate change is occurring due to natural climate variation.

Two per cent said they don't believe climate change is occurring at all.

The opinions about the cause of climate change and how to combat it are divided among the provinces and by region.

According to the survey, Prairie respondents are least likely to believe that climate change is occurring due to human activity, while residents of Quebec, Atlantic Canada and British Columbia are most likely to hold this belief.

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# Women virtually untapped in beer market: BMO report

**Brewing competition.** They're looking for low-cal, light beer: Expert

It's been mostly a man's world when it comes to beer.

Women are a big, untapped market for North American beer brewers as they face more competition from wine and spirits and specialty craft brewers, says a Bank of Montreal report.

"At this juncture, 80 per cent of beer sales are sold to guys," said David Rinneard, national manager of agriculture at BMO.

What women want is low-calorie, lighter-flavoured beer and beer-based beverages, he said Wednesday from Toronto.

Brewers will appeal to female sensibilities with these niche products along with commercials and marketing targeted at women, he said.

**On the wagon**

**Per-capita consumption of beer remains flat in Canada and has fallen in the United States, the bank's study said.**

- One of the challenges ahead for the North American brewing industry is the scorching temperatures this summer that could push up prices.
- Prices for barley, wheat and, to a lesser extent, hops have been going up.

"They're making a diligent effort and attempt to go after that new market."

Calories also are "unquestionably" a factor in getting women to drink more beer, Rinneard said, adding men can also be calorie conscious.

Traditionally, women weren't pursued by brewers because they didn't need the market with the "prosperous" and defined market of male beer drinkers, Rinneard said.

Beer for women is starting to make some inroads. "Chick Beer" is an American craft-brewed beer specifically aimed at women and boasts just 97 calories, 3.5 carbs per bottle and 4.2 per cent alcohol.

For the calorie conscious, there's Molson Ultra with 2.5 grams of carbohydrates, 97 calories and 4.5 per cent alcohol.

As wine and spirits affect beer consumption and the population ages, brewers have to look for other growth opportunities, Rinneard said.

"In essence, they're competing for a defined or limited amount of stomach space, if you can call it that." THE CANADIAN PRESS

## Samsung shooting for Apple

**Baz Luhrmann, a movie writer, director and producer, discusses on Wednesday at a news conference how he has recently been using a Samsung Galaxy Note 10.1. Samsung Electronics Co.'s release is the latest shot at the dominance of Apple's iPad with a tablet equipped with a digital pen and a faster processor at the same price tag. The Wi-Fi-only version of the Galaxy Note 10.1 will go on sale in the U.S. on Thursday. The price starts at $499 US for the basic model with 16 gigabytes of storage and $549 for the 32-gigabyte model, expandable with an external memory card. Apple's latest iPad starts at the same price but the Note 10.1 offers some features that the iPad doesn't have, while its screen resolution is lower than the iPad's.**

MARK LENNIHAN/THE ASSOCIATED PRESS

**Patent infringement**

## Lululemon takes Calvin Klein to court

Trendy yoga-gear maker Lululemon Athletica Inc.'s signature body-hugging pants have become so integral to the popularity of the brand that it is suing Calvin Klein Inc. for patent infringement over a very similar design.

Lululemon Athletica has filed a lawsuit in the U.S. accusing PVH Corp.'s Calvin Klein and G-III Apparel Group Ltd. of infringing on three different patents covering a specific overlapping style of waistband. THE CANADIAN PRESS

**Child safety**

## Bumbo Baby Seats recalled in Canada

More than 4.6 million Bumbo Baby Seats are being recalled in North America, including about 342,000 in Canada, after reports of infant skull fractures.

Health Canada says babies can arch their backs and flip or manoeuvre out of the Bumbo floor seat. About one million of the moulded foam seats were recalled in October 2007 for additional warning labels against placing the Bumbo seats on raised surfaces, such as tables or kitchen counters. THE CANADIAN PRESS

# Aussie court upholds cigarette-logo ban

**A proposed "plain-packaged" cigarette packet.** THE AUSTRALIAN GOVERNMENT/GETTY IMAGES

Australia has urged other countries to adopt the world's toughest law on cigarette promotion, which was upheld Wednesday by the country's highest court and prohibits tobacco companies from displaying their logos on cigarette packs.

The High Court rejected a challenge by tobacco companies who argued the value of their trademarks will be destroyed if they are no longer able to display their distinctive colours, brand designs and logos on cigarette packs.

Starting in December, packs will instead come in a uniformly drab shade of olive and feature graphic health warnings and images of cancer-riddled mouths, blinded eyeballs and sickly children. The government hopes the new packs will make smoking as unglamorous as possible.

**Crying counterfeit**

**"Plain packaging will simply provide counterfeiters with a road map. The legislation will make the counterfeiters' job both cheaper and easier by mandating exactly how a pack must look."**

Imperial Tobacco spokeswoman Sonia Stewart in a statement

"Governments can take on big tobacco and win and it's worth countries looking again at what the next appropriate step is for them," Attorney General Nicola Roxon told reporters after the court ruling.

British American Tobacco, Philip Morris International, Imperial Tobacco and Japan Tobacco International are worried that the law will set a global precedent that could slash billions of dollars from the values of their brands. They challenged the new rules on the grounds that they violate intellectual-property rights and devalue their trademarks.

The cigarette makers argued that the government would unfairly benefit from the law by using cigarette packs as a platform to promote its own message, without compensating the tobacco companies. Australia's constitution says the government can only acquire the property of others on "just terms." THE ASSOCIATED PRESS

**Market Minute**

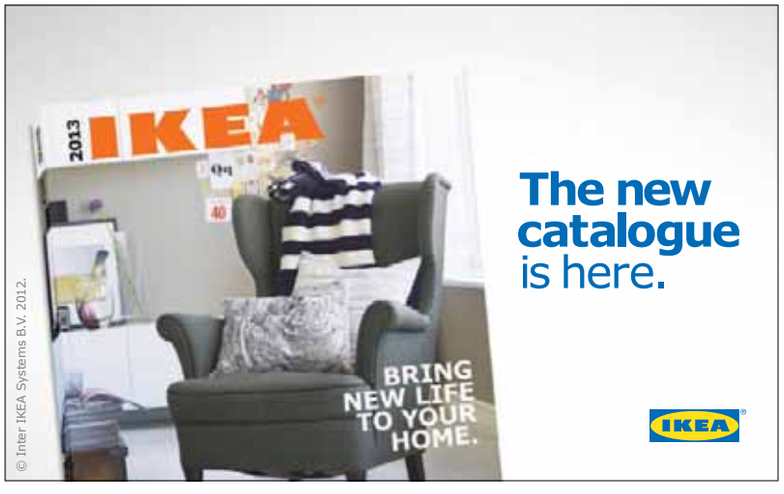
**DOLLAR** 101.11¢ US (+0.29)

**TSX** 11,905.44 (+51.83)

**OIL** $94.33 US (+90¢)

**GOLD** $1,606.60 US (+$4.20)

**Natural gas:** $2.748 US (-8.6¢)
**Dow Jones:** 13,164.78 (-7.36)

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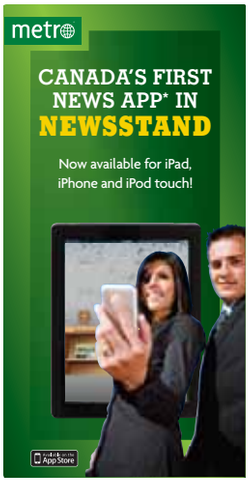


# STUDY SAYS WE'RE SILLY GOOSES

**HE SAYS...**
John Mazerolle
metronews.ca/voices/he-says

A couple of enlightening new surveys released this month show that many Canadians are oblivious, dog-like fools. None of the articles written about the studies started that way, mind you, but I think the news was buried.

What the stories did say was that many Canadians — myself included — manage their money with all the success of Research in Motion. Roughly half of us have no emergency savings, and a good chunk of young people plan to retire early but haven't actually started saving, you know, money.

Some of the reasons youth gave for not saving are a little baffling, as if I just made them up or something:

- 40 per cent plan to cash out their World of Warcraft gold, ignoring the fact that Mario coins have barely appreciated in value.
- 33 per cent have "liked" Retirement Savings on Facebook multiple times and don't know what more they could possibly do.
- Five per cent have access to the Fox News channel, and thus assumed socialist welfare state would cover costs.

**Freedom fuddled**

**Frankly, a survey saying we're bad with our money isn't that shocking. What's shocking is a group of people so out of touch that they believe they're going to retire early despite having no money.**

Frankly, a survey saying we're bad with our money isn't that shocking. What's shocking is a group of people so out of touch that they believe they're going to retire early despite having no money.

It'd be one thing for a survey to show that, say, Canadians are overweight and unhealthy. But if the same survey showed that obese, chain-smoking Canadians had plans to compete at Rio, we might start questioning our mental-health system too.

Not that I'm one to talk.

I personally always keep several thousand dollars in my mattress for when the McRib comes back. But other than that, I am a typical, cash-confused Canadian.

My emergency savings consist of a jar in my apartment where I throw pennies, so that once it's full enough I can complain about how useless pennies are. A penny saved is a waste of time, I always say.

As for retirement, I plan to die retroactively at 27.

In other words, I feel Canada's financial pain. Or, more specifically, I don't feel it, which is the problem.

This is where we're like dogs. If you have a dog and he eats your food while you're out, you know it's pointless to discipline him; the crime and the punishment are too far apart, and he'll wonder why you're suddenly upset that he's licking himself for the 27th time that day.

As with global warming, we don't see the negative consequences right away, so we can't do the right thing.

It would be helpful if ATMs jolted you with 10,000 volts at every withdrawal, or if our credit cards were designed to give us nasty paper cuts.

Maybe if the bank teller scratched us behind the ear and told us we were good every time we made a deposit, we'd do it more often. If banks start doing this, please let me know. I'll be in your debt. And if my track record holds, most likely forever.

Want to plan for retirement with no money? Ha! ISTOCK

# Philippines turns into Venice

GETTY IMAGES

**Stormy weather**

## Natural disasters return to islands

Tropical storm Kai-Tak is battering the Philippines, with the islands still recovering from the last deadly storm just a week ago. Many roads are knee-deep in water, and at least four deaths have already been confirmed. Forecasters are hoping that Kai-Tak will be out of the Philippines by the end of the week. **METRO**

**Trash at epidemic levels**

**"On a daily basis, at least 1,900 tonnes of garbage are collected during normal weather. During storm-related calamities, the volume increases five-fold."**

Manila Mayor Alfredo Lim

**Worst Philippine storms**

- **Nesat.** Struck in 2011, and spread as far as China. Caused over $1 billion US in damage and 747 deaths.
- **Parma.** Killed 465 people and caused over $600 million US in damage in 2009.
- **Fengshen.** Not as strong but impact worsened by poor forecasting; it killed over 1,300 people when it struck in 2008.

**Coping methods**

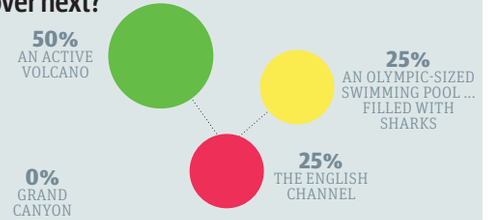
## Finding ways to survive floods

The Philippines is hit by an average of 20 storms per year, and the locals have found ways to adapt. During storms hundreds of thousands of people move into evacuation centres including schools, gymnasiums and government buildings. In the coastal areas, many homes have to be repeatedly rebuilt. **METRO**

Metropolitan Panel

**Register at metropolitanpanel.ca and take the quick poll**

## What should Nik Wallenda tightrope walk over next?




**Twitter**

**@kathleenogrady:**
A renamed #Ottawa River Parkway, like the War of 1812 hoopla, feel like poor substitutes for the lack of Charter celebrations #cdnpoli

**@ws_chu:**
I've decided to call the Sir John A. Macdonald Parkway, the JAM Parkway. I hope this nickname catches on.

**@johnefrancis:**
two things renamed to @PMJAMacdonald this year. #RenameEverythingToJohnAMacDonald Wrote this on the J.A. MacDonald keyboard.

**@JakeDenley:**
Welcome to Sir John A. Macdonaldville, where everything is named after Sir John A.

**@rakerman:**
The big announcement was they renamed the parkway? Seriously?

metro

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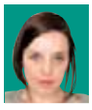
SCENE 2

# Building a house created from sound and light

**Competition.** International fireworks competition wraps up this weekend



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

The 17th Annual Casino du Lac-Leamy Sound of Light comes to a close this weekend with the Grande Finale, featuring spectacular international pyromusical performances.

The Grand Finale will see fireworks displays by this year's competing countries — France, Spain, China and the United States — who will each be vying for the Zeus Trophy, awarded annually for the best performance.

To pull it all off, Casino du Lac-Leamy has brought in an industry leader, past Zeus Trophy-winning firm Royal Pyrotechnie, to handle the logistics of the show.

"We've been in contact with the competing teams since December of last year," says technical director, Patrice Guy, of Royal Pyrotechnie. "We're just like a team of builders building a house — the teams coming over are the architects. We've had the plans and the layouts in our hands for months so we've had plenty of time to prepare, ahead of them showing up."

The competing teams have also been working on perfecting their performances for months. "We have been working on the display since January so, in terms of the time it takes to put something together like this, we're in the four-to six-months realm," says Paul Souza of Pyro Spectaculars by Souza, representing the U.S.

Souza's team is made up of 12 people who, after months of planning, only had three days to set up on site.

All four teams have been displaying their pyromusical abilities separately over the last two weeks. At the Grande Finale, each country will perform back-to-back before the winner is announced.

Even though the teams are competing against each other, Souza says it is a friendly competition. "The industry is really small on a global scale so I know all of these people and I just wish them the best."

Following the pyromusical performances by the competing countries, Royal Pyrotechnie will put on a show of their own.

"This is our first year coming here and handling the artistic and technical direction of the competition and we really want to pull off an impressive show that the crowd will remember," he says. "I'm not allowed to divulge any secrets, but be prepared for an amazing show."

**Details**

**Casino du Lac-Leamy's Sound of Light Grande Finale**

- **When.** Saturday starting at 6 p.m.
- **Where.** Casino du Lac-Leamy (main gates located at the corner of De la Carriere and Leamy Lake Rd., Gatineau, Que.).
- **Price.** Advance general admission tickets are $10 each per day, reserved seating is $23 per person.

Audiences should be prepared for 'an amazing show' according to U.S. exhibitor Paul Souza. CONTRIBUTED

**On the web**

**Evelyn Lozada's rep says star has filed for divorce from Chad Johnson after arrest**

metro

CAPITAL PRIDE

Thursday, August 16, 2012

# Over the Rainbow

**INSIDE:** Interview with Parade grand marshal, the history of Capital Pride, musical acts, and much more!

Getty Images File

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Pet Friendly

Capital Pride festivities begin Friday and will culminate with the Pride Parade on Aug. 26. Other events include two nights of music at city hall, a family picnic and much more. TORSTAR NEWS SERVICE FILE

# City will be awash in colour

**10-day marathon.** 27th annual Capital Pride festival includes an exciting variety of events

STEVE COLLINS
ottawa@metronews.ca

Capital Pride is always a celebration for — and of — Ottawa's GLBT community. But the chair of this year's festival says new Ontario laws protecting gay high school students and extending human rights legislation to include transgendered people make 2012 that much sweeter.

"We were quite pleased because of the good things that have happened this year in Ontario with the Accepting Schools Act and Toby's Act," said Loresa Novy. "We're not done on the federal level and there's still work to do on the provincial level, but we have something to celebrate."

The 10-day marathon of events, culminating next Sunday in the Pride Parade, the Capital Pride Community Fair and Festival and a closing party at the Lookout Bar, comes only after months of hard work from the festival's volunteer board, which Novy said this year is a good mix of veteran planners and energetic newcomers.

"There's a lot of new board members, about 60 per cent new board members and then about 40 per cent members that have been there before," Novy said. "So it's great to have that history and a lot of the new board members have brought forth a lot of new talent. So it's been really great working together with the whole team."

This year's programming includes two full nights of concerts at city hall, the Alternative Stage on Aug. 25, featuring The PepTides, Kidstreet and The Fevers, and the Main Stage on Aug. 26, with headliners Cherry Bomb, Hunter Valentine, Young Empires, and Shangela.

"I'm really excited for the Alterna Stage this year," Novy said. "The PepTides are amazing and I'm really happy they're on-board."

The rest of the festival is packed with variety, from the Capital Pride Awards Gala to a live production of Little Shop of Horrors presented by the Capital Kings, from the family-oriented Picnic in the Park to the Queer Youth Prom and Masquerade, and Laugh Out Proud, an evening of stand-up comedy.

But for Novy, it's a quieter moment that carries the most significance.

"I really like the first big day when we have our official flag-raising and having the mayor be a part of that and having that flag raised at city hall. It's so great to see the support that our city has for us. It's quite touching so that's definitely something that's a personal favourite of mine."

For more information about Capital Pride festivities, visit capitalpride.ca.

**Aug. 17-26**

- The 27th annual Capital Pride festival runs from Aug. 17-26 with events around the city. The Pride Parade begins at 1 p.m. on Aug. 26 at the Garden of the Provinces and Territories, and makes its way to city hall for the Capital Pride Community Fair and Festival.

## *Picnic is all about families*

From the National Capital Leather Pride Party at the Centretown Pub to Spank You For the Music at Swizzles, Capital Pride's nights are packed with adults-only fun in bars and nightclubs.

But Tuesday's Picnic in the Park, the festival's free community barbecue at the Hintonburg Community Centre, is all about families.

"It's open to anybody," said Joanne Law, Capital Pride's community relations co-ordinator, who is organizing this year's Picnic in the Park with the help of Rainbow Family Services, the Children's Aid Society of Ottawa, and the Ten Oaks Project.

The event hearkens back to Capital Pride's early days as a one-day community picnic, but it also, Law said, reflects the ways in which Capital Pride's demographic has diversified in the years since it was just Gay Pride.

"The gay stuff's going on, but it's also the family stuff now, with same-sex marriages and kids involved, GSAs (Gay-Straight Alliances) and their high schools and just everything."

This diversity extends down to the menu, which in addition to the traditional burgers and hotdogs, will offer vegetarian options to the growing number of festival-goers whose diets have gone meat-free. The picnic is also alcohol-free. The only family members not welcome are dogs, which aren't allowed in the park.

The park at the Hintonburg Community Centre, Law added, is a great venue for family fun, with a splash pad, picnic tables, play structures, sand areas — and plenty of grass for just running around and playing.

The best part of the Picnic in the Park, though, may be its simplicity. "It's just fun and games and socializing and stuff," Law said.

Everyone is welcome to take part in Tuesday's Capital Pride's annual family-friendly Picnic in the Park event at the Hintonburg Community Centre (1064 Wellington St. W.). Admission is free, and so are the food, beverages, games and activities. The fun begins at 4 p.m. STEVE COLLINS

T. Eileen Murphy is this year's Capital Pride grand marshal. CONTRIBUTED

# Advocating on behalf of the city's gay seniors

**Grand marshal.** T. Eileen Murphy has earned place of honour after years of dedication

KELLY PUTTER
For Metro

After 40 years of advocating, volunteering and lending a hand with Ottawa's LGBT community, T. Eileen Murphy has more than earned a rightful spot as this year's parade grand marshal for Capital Pride.

"I feel really happy and proud to be able to do this," says the 65-year-old retired city clerk. "I found out about it at the end of January, but I couldn't tell anyone till the end of June and that was really hard."

Held annually since 1986, the Capital Pride Festival is the annual Pride event in the nation's capital. It takes place this year on Aug. 26.

Murphy's place of honour in this year's festival follows years of dedication that began in 1971, when the Peterborough native joined Gays of Ottawa, a social, political and educational group that would eventually become Pink Triangle Services (PTS).

**Numerous events**

- Capital Pride takes place from Aug. 17-26 with numerous activities and events. Check out the Queer Youth Prom and Masquerade on Aug. 24 or if you are into health and fitness, how about Queer Yoga, a Rainbow Water Fight or Cooking with Queers at city hall on Aug. 25. See capitalpride.ca/events for more.

Murphy went on to volunteer with the Ottawa Women's Centre, which ran a lesbian drop-in on Friday nights and she worked with Dignity Ottawa, an organization that accepted LGBT Catholics into the church. Later, she would become treasurer of its national organization, Dignity Canada.

She has volunteered for PFLAG, Capital Pride, Bruce House, and Egale, plus many more organizations. She has also worked with the cities of Kanata and Ottawa on municipal election campaigns, and with other organizations, including the Ottawa Valley Aquarium Society.

Today, as the treasurer for SAGE Ottawa, Murphy is very involved in advocating on behalf of gay seniors. As residents of retirement and nursing homes, members of the LGBT community are often forced back into the closet, she says, because they fear rejection.

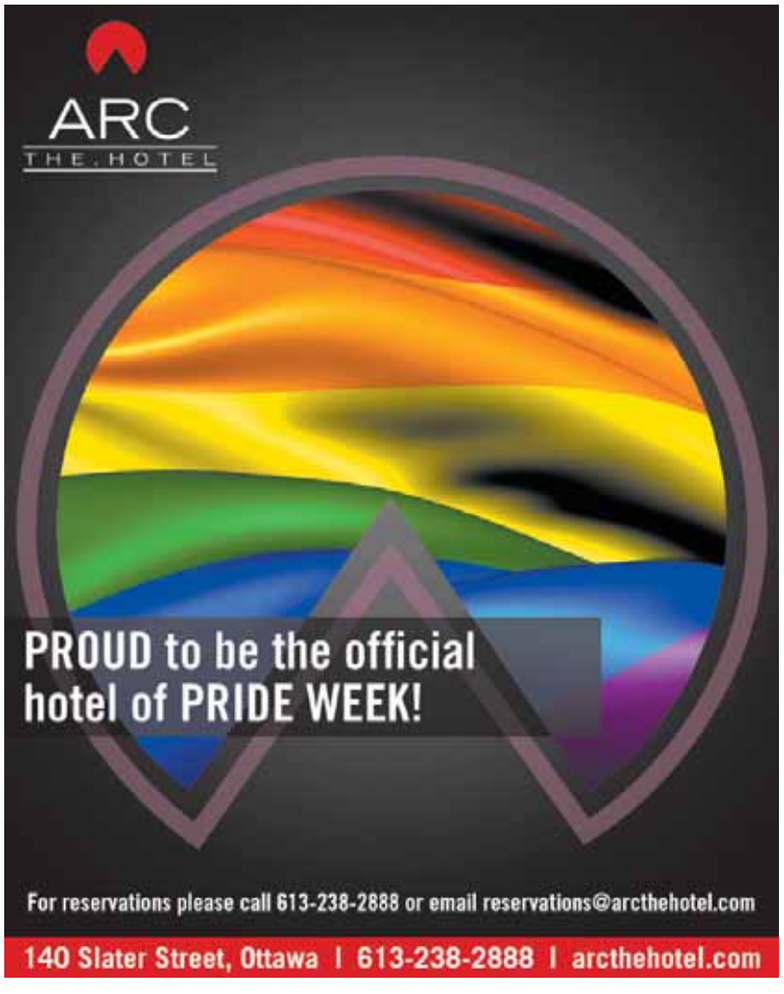
Murphy and other volunteers are working hard to educate staff about gay residents in facilities geared to seniors.

The organization hopes one day to see the creation of a gay senior's home.

"The younger people of today don't realize what a struggle it is for gay seniors now," she said. "Many are still in the closet, so to speak, and they won't come out because they don't really believe it's OK. Young people need to stop and look at history and just see how much was done for them because they have it so easy today."

**Still a struggle**

**"The younger people of today don't realize what a struggle it is for gay seniors now. Many are still in the closet, so to speak ..."**
T. Eileen Murphy,
Capital Pride grand marshal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# Festival music. Striking the right chord

Shangela is one of the highlight performers on the Capital Pride Main Stage on Aug. 26 at city hall. CONTRIBUTED

Buzz-worthy Kidstreet will bring its brand of electro pop to the Capital Pride Alternative Stage on Aug. 25. TORSTAR NEWS SERVICE FILE

**Entertainment.** The Main and Alternative stages will feature a medley of sounds

JEN TRAPLIN
For Metro

There is plenty of talent hitting the Capital Pride Main Stage this year.

One of this year's highlights is Shangela (D.J. Pierce), who was named one of OUT Magazine's Most Compelling People in 2011.

A relative newcomer to the drag performing scene, Shangela's career has skyrocketed ever since an appearance on RuPaul's Drag Race nearly three years ago.

"Prior to me going on to the second season of Drag Race, I had only been performing in drag for five months, so I'm kind of the baby of the group. I guess they saw something in me," he said.

"I was the first to be eliminated in the second season but I was brought back for the third season and made the top five. So, to only be doing drag for a short amount of time, the shortest of all the competitors, I definitely feel like I've grown quickly. I learn fast and I am here to work."

And work is exactly what he has been doing.

In the past year alone, Shangela has made numerous television appearances, including on Dance Moms, Toddlers & Tiaras, and a guest role on the NBC sitcom Community.

Before appearing on Drag Race, he was performing stand-up under his given name, D.J. Pierce. Now a third character, Laquifa, has been added, making Shangela a triple threat.

"I have three different characters and we all pay rent so we've all got to work," he said with a laugh.

You can catch Shangela on the Capital Pride Main Stage at city hall on Aug. 26 at 6:30 p.m.

Also performing on the Main Stage this year is Toronto buzz band Young Empires, who describe their style of music as "world beat/haute rock," as well as folk rockers Pandaléon, and alt-rock girl band Hunter Valentine.

To add some local flavour, Ottawa's own The PepTides will be hitting the stage mid-afternoon, followed by power rock female quintet Apocalypstic.

Capping off the night, festival-goers will be treated to a performance by Toronto queer DJ duo Denise Benson and Cozmic Cat, better known as Cherry Bomb.

Jack Pine and the Fire will play the Capital Pride Alternative Stage on Aug. 25. BRIAN GOLDSCHMIED PHOTO

The PepTides say "a ticket to (their) show is an invitation to partake in a lavish post-apocalyptic fête." CONTRIBUTED

## The Alternative Stage

The Capital Pride Alternative Stage gives you the chance to check out a handful of Ottawa's finest up-and-coming young bands as well as a set by buzz-worthy southern Ontario group Kidstreet.

The Waterloo sibling trio, the only non-local band on this year's bill, will bring its brand of catchy electro pop to Capital Pride. In just the past few years, Kidstreet has toured with Canadian music heavyweights Mother Mother, Dragonette, and Rich Aucoin. The band's single, Song, has been featured in national ad campaigns for both the Ford Motor Company and Apple.

Kicking off the evening performances on the Alternative Stage is Ottawa folk rockers Jack Pine and the Fire, a project created by local producer and audio engineer Gareth Auden-Hole, who stepped into the singer/songwriter role for the group's self-titled, debut album, released last December.

Fresh off a performance opening for The Barr Brothers at the Ottawa Jazz Festival, Auden-Hole is looking forward to the band's gig at Capital Pride.

"I think the festival is going to be a lot of fun," he said. "I'm happy to be a part of it."

Joining Jack Pine and the Fire on the bill is local indie electro-pop five-piece Fevers, reggae-rock group Mastik, and synth-pop collective The PepTides, who say "a ticket to a PepTides show is an invitation to partake in a lavish post-apocalyptic fête."

The impressive lineup of musicians playing the Capital Pride Alternative Stage this year isn't lost on David Pierce, whose Ottawa rock trio Ornaments will also be performing at the festival.

"I look at the other bands on the bill and it's kind of exciting that we got included with them," the frontman said. "Everybody is doing their own thing but I know that there are good people in all of those bands so I think it's going to make for an unbelievable atmosphere."

JEN TRAPLIN

**Main & Alternative Stage**

- Capital Pride Main Stage (Aug. 26, starting at 1 p.m.) will feature Shangela, Young Empires, Hunter Valentine, Cherry Bomb, Pandaléon, Apocalypstic, The PepTides, and DJ Ashley Gauthier.
- Capital Pride Alternative Stage (Aug. 25, starting at 5 p.m.) will feature Ornaments, Jack Pine and the Fire, Mastik, Fevers, Kidstreet, and The PepTides.
- Both stages will be set up at city hall (Marion Dewar Plaza, 110 Laurier Ave.)
- Entry to the festival grounds for each event is $5 per person.

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## Special Feature: Capital Pride 2012

Capital Pride
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# Come Out and Play!

## August 17-26, 2012

Shangela

Presented by OUTtv

Fevers

### August 25
### Alternative Stage

The PepTides
Fevers
Jack Pine and the Fire
Kidstreet
Mastik
Ornaments

### August 26
### Main Stage

Shangela
Presented by OUTtv
Hunter Valentine
Apocalypstic
Cherry Bomb
The PepTides
Young Empires

the PepTides

Hunter Valentine

Kidstreet

Young Empires

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# 2012 EVENTS

## Friday, August 17

### Partnership Awards Gala

**Arc Hotel (140 Slater) • 7:00PM • FREE (CASH BAR)**

To recognize leadership in the Ottawa-Gatineau area GLBTTQ community - the four awards being presented are 'Outstanding Community Group of the Year', 'Outstanding Activist of the Year' and 'Outstanding Youth Activist of the Year' and 'Outstanding Local Business of the Year'. There will be live entertainment, a cash bar and finger foods.

## Monday, August 20

### Flag Raising Ceremony

**City Hall (110 Laurier W) • 4:00PM**

Join us as we hoist the rainbow flag at Ottawa City Hall to mark the official opening of Pride week in the National Capital Region!

PHOTO: RICKY LAW

## Tuesday, August 21

### Picnic in the Park

**Hintonburg Community Centre (1064 Wellington W)**
**4:00PM • FREE**

A family picnic for GLBTTQ and friendly families. Organized by Capital Pride, Rainbow Family Services, Children's Aid Society and Ten Oaks. Free BBQ and fun activities!

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## Thursday, August 23

### Human Rights Vigil

**Human Rights Monument (Elgin and Lisgar) • 6:30PM**

Join Capital Pride at the Human Rights Monument at Elgin and Lisgar as we pay tribute to the struggles of LGBT communities around the world and their fight for rights, dignity and acceptance.


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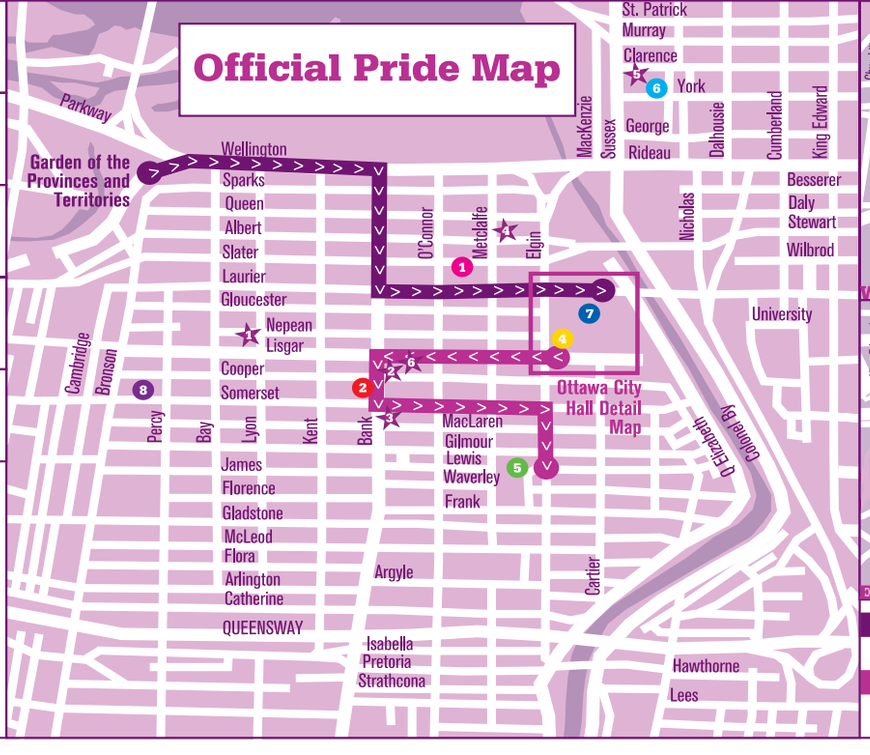
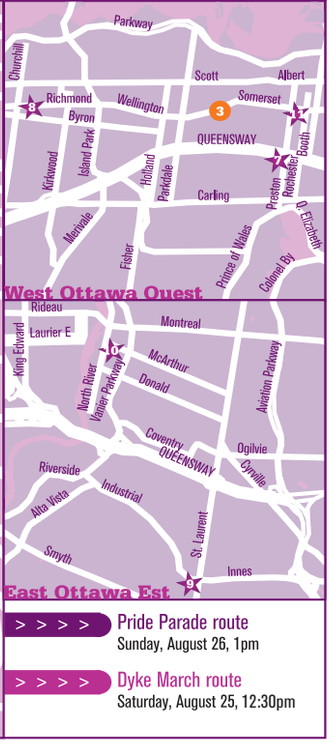
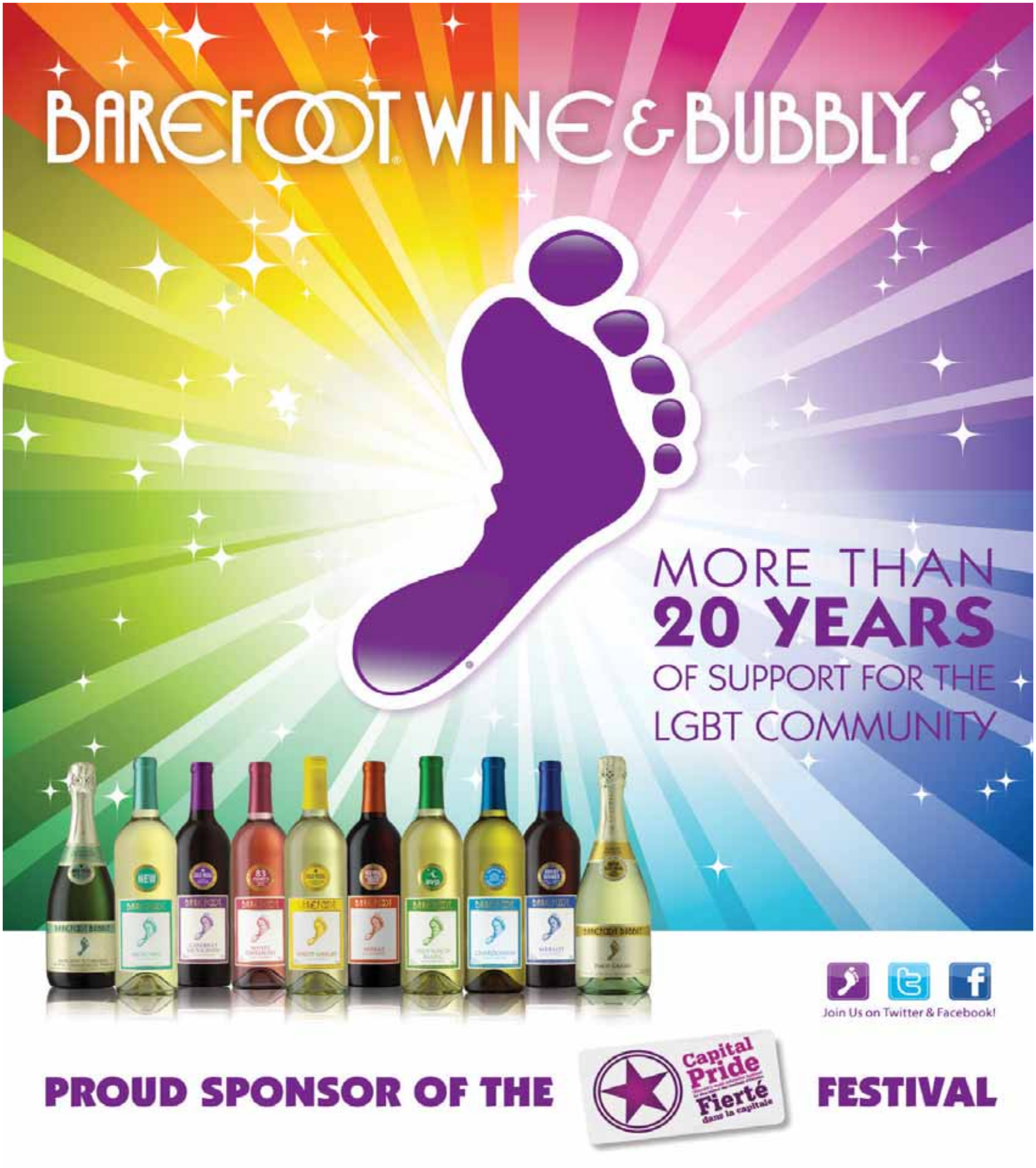
### Key Pride Venues

1. ARC,The Hotel · 140 Slater
2. Falldown Gallery · 288 Bank
3. Hintonburg Community Centre · 1064 Wellington W
4. Human Rights Monument · Elgin/Lisgar
5. Jack Purcell Community Centre · 320 Jack Purcell
6. The Lookout · 41 York
7. Ottawa City Hall · 110 Laurier
8. Shanghai Restaurant · 651 Somerset W

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# COME OUT AND PLAY! • August 17-26

## Saturday, August 25

### Health and Fitness Day

**City Hall (110 Laurier W) • 9:00AM**
**Riverain Park (400 North River Rd)• 12-4:00PM**

Get in shape with Capital Pride! Start your day with a 5, 7 or 9 kilometre run with the Ottawa Front Runners (meet at 9am at the Lisgar Street entrance to City Hall). Other activities throughout the day include a softball game (12-4 at Riverain Park).

### Alternative Stage

**Marion Dewar Plaza, City Hall (110 Laurier W)**
**5-11:00PM · $5 ENTRY**

All are welcome to come enjoy this live outdoor music event!

*Jack Pine + The Fire's debut album has been called "one of the most rockin' folk albums of the year"; The PepTides were voted Best Live Show by Ottawa Xpress; "Song" by Kidstreet has been picked up by Apple for use in a commercial for the new MacBook Pro; Ornaments and Fevers were featured at JunoFest 2012 and Mastik won le prix du Festival international de la chanson de Granby.*

**Featuring:**
**Fevers • Jack Pine + The Fire • Kidstreet**
**Mastik •Ornaments •The PepTides**

**www.capitalpride.ca**

## Sunday, August 26

### Pride Parade

**1:00PM**

Starting at the Garden of the Provinces opposite the Supreme Court, the Parade will move east on Wellington Street, south down Bank Street and east on Laurier to finish at City Hall.

### Main Stage

**Marion Dewar Plaza, City Hall (110 Laurier W)**
**1-11:00PM · $5 ENTRY**

Follow the parade to Marion Dewar Plaza in front of City Hall and join us for an afternoon and evening of live music performances! Also on site will be a community fair, food vendors, and cash bars featuring WKD beverage products, HogsBack beer and Barefoot Wines!

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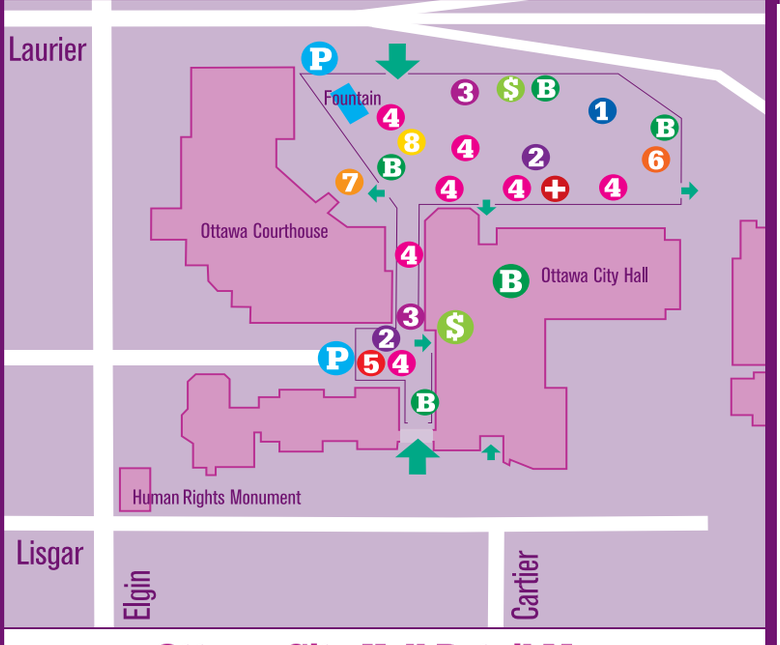


### Ottawa City Hall Detail Map

1 Beer Garden
2 DJ
3 Food Vendors
4 Info Fair
5 Kids Can
6 Main Stage
7 Smoking Area
8 Youth Oasis
$ Bank Machine
B Bathrooms
P Parking (S)

# Volunteers are the pride of Pride

STEVE COLLINS
ottawa@metronews.ca

Capital Pride volunteer-at-large Ashley Blackwood, who is ready to help out wherever she is needed, describes her position as "all over the place." CONTRIBUTED

"Thank you all for being here. You're much appreciated whether you really know it or not. You make our festival what it is, and it's important to us to say thank you."

Capital Pride organizer Joanne Law's warm greeting to new volunteers at an orientation meeting the week before the festival couldn't be clearer. Volunteers are the pride of Pride, from the top of the organizing committee to the servers in the beer tent, they keep the festival running on little more than pizza and enthusiasm.

"That's the good thing about volunteers. People want to be here, they're not forced to be here," said Capital Pride volunteer co-ordinator Vanessa Mok. "There are some people who will volunteer for anything and everything, and they're just happy to be here."

One volunteer who certainly fits that description is Ashley Blackwood, a versatile first-timer who was greeting new volunteers at the door as they came into the meeting, and has already worked three pre-festival events.

Her job description?

"A bit of everything. I've been taking down names, I've been manning the cheese table, being liaison to people who haven't volunteered yet and are wondering what it's like."

Blackwood, who had previously volunteered helping adults and children with disabilities, decided to sign on with Capital Pride when she attended the festival last year.

"I was looking for a way to give back to the LGBTQ community," she recalled. "At one of the events there was a table to register to be a volunteer, so I was like, 'Perfect!'"

While most volunteer jobs don't require much in the way of specialized skills, apart from Smart Serve training for beer servers, and police background checks for those working with children and youth, Mok said letting volunteers choose their own tasks leads to a happier team and better results.

"They really try and take a look at everybody's skill set and figure out where they would be best suited," Blackwood agreed. "It's not just like 'You're here.' It's like, 'Well, we know you have experience in these areas so how about this?' And I really like that."

**A little bit of everything**

- As a community festival, Capital Pride relies on some 150 volunteers for countless miscellaneous jobs big and small. These include security and safety, greeting and registration, clean-up, gate, managing parking, handing out flyers, accessibility and assistance, decorations, translation, stage set-up and teardown, fundraising and, really, whatever else comes up.

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When Capital Pride first started, it was just a one-day fair at Strathcona Park. THE ASSOCIATED PRESS FILE

Even in a city known for its festivals, Capital Pride is playing with the "big boys." GETTY IMAGES FILE

# Capital Pride history. We've come a long way, baby

STEVE COLLINS
ottawa@metronews.ca

When Doug Saunders-Riggins looks back on the history of Capital Pride, he sees a party that just kept growing.

"It's just amazing to see how much the festival has grown over the years," said Saunders-Riggins, who is past chair of Capital Pride and has been involved with the festival for 18 years. "When it started it was just a small little community picnic. It was a one-day fair at Strathcona Park and now we've stretched into 10-day festival."

Even in a city known for its festivals, he added, Pride stands out: "We play with the big boys now in town, the Jazzfest and Bluesfest, Italian Week and Greek Week."

That growth has sometimes been costly, as the festival expanded into a huge street party that would close down a section of Bank Street in the early 2000s, and soon ran into financial difficulties.

"At that time, in my opinion, the committee wasn't ready to financially support that," said Saunders-Riggins. "We didn't have proper sponsorship in place, there was not a lot of controls internally in terms of organization and how things were done."

Today, the festival enjoys corporate sponsorships from the likes of Barefoot Wine and Bubbly and TD Bank, and the City of Ottawa, which was somewhat late to the party, proclaiming Pride Week for the first time in 1995, has become an important partner.

"We've got a great relationship with the city," Saunders-Riggins said. "The city's been very supportive of us over the last couple of years. They supply us with grant money every year to keep the festival running, which is really appreciated, and they're always there to help us out. The city hosts our meetings for us and Coun. Diane Holmes has hosted a reception for us every year for the past five years."

For all its growth, and the ever-increasing participation of Ottawa residents from outside the GLBT community, Saunders-Riggins said, Capital Pride remains a community celebration at heart.

"We're still a very grassroots festival," he said. "You can go to Pride Day and it's kind of like hanging out with 10,000 of your best friends."

**Pride milestones**

- **1986:** Gays of Ottawa (GO) organize Ottawa's first gay pride celebration.
- **1995:** The City of Ottawa issues its first proclamation in support of Pride Week.
- **2010:** Uniformed members of the Royal Canadian Mounted Police march in the Pride Parade for the first time.
- **2011:** An Ottawa-Carleton District School Board school bus joins the parade.

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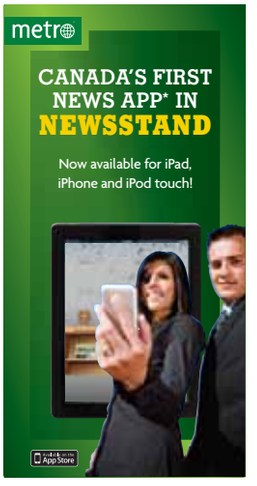

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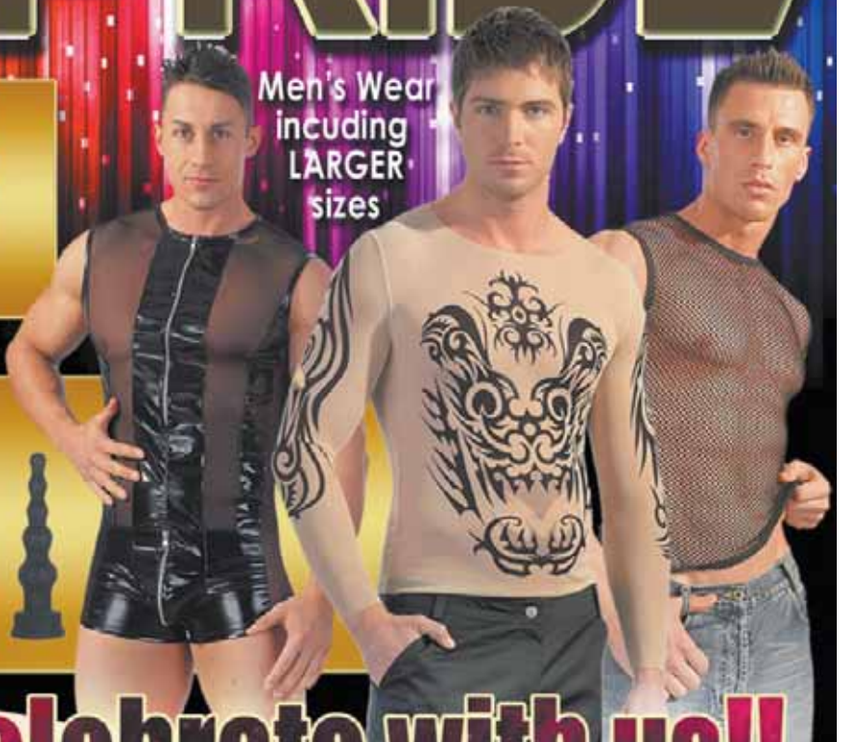

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# A hunk of Fun

**Youth Hunk of Lawn.** Annual Health and Fitness Day will feature healthy, youth-friendly activities

JEN TRAPLIN
For Metro

A new addition to Capital Pride's annual Health and Fitness Day this year is the Youth Hunk of Lawn event, featuring tons of fun and healthy, youth-friendly activities.

"This is the first year that we're specifically targeting youth for Health and Fitness Day because, of our typical Pride calendar, it's the most obvious thing where youth could and should have a place," said Capital Pride Youth co-ordinator Jodie McNamara.

One of the activities is The Amazing Drag Race, an obstacle course with a twist.

"Each of the obstacles involves, in some way, some kind of gender bending," McNamara said.

"You start as one gender and you end as another."

Another fun event is the Rainbow Water Fight, which is bound to produce some colourful results.

"We haven't decided exactly what the rules will be around this, but it will involve sponges with coloured water in it," McNamara said. "The idea is that people wear shirts and then they walk away with pride colours all over their shirts. It's going to be pretty cool."

Young people are also invited to take part in Queer Yoga, a yoga class made just for LGBT youth, and a cooking demonstration called Cooking With Queers, which will teach young people how to prepare a number of healthy vegan recipes on their own.

All of these activities were planned with the help of a new Capital Pride Youth committee, made up of eight young people who are in charge of planning all youth events.

With activities like The Amazing Drag Race and Rainbow Water Fight, Youth Hunk of Lawn on Aug. 25 promises to be a fun event. GETTY IMAGES FILE

In order to take part in of the Youth Hunk of Lawn activities, you have to register ahead of time. It's a system that, McNamara said, serves two purposes.

"It's partially to ensure that we don't have to turn any kids away, but we're also trying to build a network," she says.

"Before last year, we didn't have any youth at all but, in the last year, we've ended up with a network of 200 engaged kids and now we've got the committee so we're able to expand to new events."

The Youth Hunk of Lawn will take place Aug. 25 from 10:30 a.m. to 2:30 p.m. at city hall (Marion Dewar Plaza, 110 Laurier Ave.). It's a free event, but in order to participate you have to RSVP ahead of time and sign a waiver.

Email youth@capitalpride.ca for more information.

# Youth prom. An opportunity to be who you are

The second annual Queer Youth Prom and Masquerade invites LGBT teens to dress up, dance and have a night all to themselves.

Capital Pride Youth co-ordinator Jodie McNamara says the prom was created in light of recent high-profile stories about teenagers being rejected from school dances.

"A few years back, there were a bunch of news stories about teens at various schools wanting to go to their proms with their dates and being prevented from doing that because they were queer and, in some cases, it got kind of ugly," she said.

McNamara says this kind of dance gives youth a chance to be who they are without worrying about any repercussions.

"The Queer Youth Prom is about them bringing their dates and just being queer without having to worry about people standing around them pointing and laughing at them. They can be with people who are just like them."

**More information**

- **When:** Aug. 24 from 8 p.m. to midnight
- **Where:** Fall Down Gallery (288 Bank St.)
- **Price:** Free
- **Ages 13-19:** Space is limited, so reserve a spot ahead of time. RSVP to youth@capitalpride.ca.

These days, with such emphasis on the "It Gets Better" project and others like it, McNamara believes this could be one of the most important events at the Capital Pride festival.

"I really want youth to walk away from these events feeling, not just like, 'Well, it gets better. There's something fundamentally wrong with me, but when I get out of high school, I'll still be able to etch out a life for myself nonetheless.' I really want to emphasize that it's awesome being queer, it's awesome being different," she said.

"If you choose to wear a dress to the prom and you're a guy, that's great! Own that, feel really good about that because it's something to cheer for, it's not something to dread."

Teens attending the Queer Youth Prom and Masquerade are encouraged to dress up, wear masks and enjoy a non-discriminatory environment with their peers.

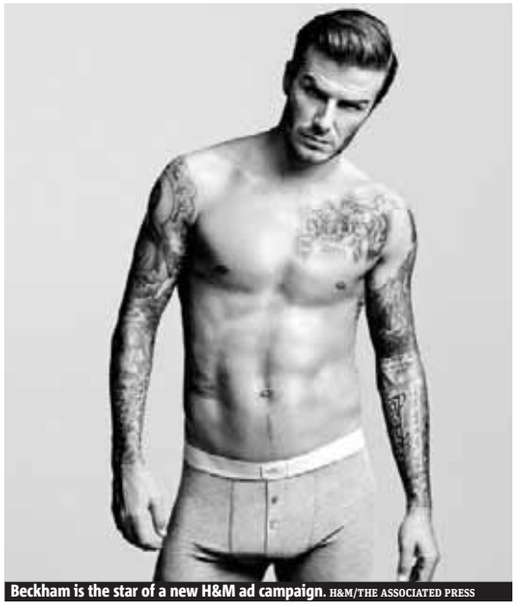
"There will be masks and lots of glitter and lots of pretty dresses," McNamara said.

"It's just sort of an excuse to wear the stuff in your closet that you're afraid to wear."

JEN TRAPLIN

## Who wears short shorts?

# David Beckham keeps his clothes off for H&M



Beckham is the star of a new H&M ad campaign. H&M/THE ASSOCIATED PRESS

David Beckham says he's in the underwear game for the long haul, looking forward to advancing his bodywear partnership with H&M.

The English soccer star's second set of ads for his branded collection launches Thursday. The ads will coincide with a "statue stunt" planned by the retailer with larger-than-life Beckhams going up in New York, Los Angeles and San Francisco.

New products will be added to the collection later this fall. Beckham says he's pleased with consumer reaction to the line and its ad campaign. "I'm very happy that so far people seem to like it and the first season was incredibly successful. The challenge is to keep it going and establish a brand that will last many years. That is my ambition," he wrote in an email to The Associated Press.

Beckham, 37, was a champion of the London Olympics that just wrapped up, and literally drove the torch to Olympic Stadium in a boat.

"I was incredibly honoured to be part of the team that helped bring the Olympics to my home borough, city and country. I always knew we would put on a fantastic event but it has exceeded even my most optimistic expectations," he says.

Beckham had hoped to play for Britain's soccer team at the games but he wasn't included in the squad.

THE ASSOCIATED PRESS

**Quoted**

**"I'm very happy that so far people seem to like it and the first season was incredibly successful"**

David Beckham on the H&M campaign

# Surf's up for Shatner's Priceline Negotiator

**Comeback.** Company brings back beloved ad character in new campaign

Seven months after a commercial showed Shatner, as the Negotiator, plunging off a cliff and into apparent oblivion, the company is resurrecting him. SUSAN SMITH/PRICELINE.COM/THE ASSOCIATED PRESS

William Shatner's Priceline Negotiator isn't a goner, after all. He just went surfing.

Seven months after a commercial showed the Negotiator plunging off a cliff and into apparent oblivion, the company is resurrecting him in a new 30-second TV and online spot set to debut Thursday.

A clever parody of a world-weary spy who vanishes to start a new life, the commercial opens with Shatner standing on a beach, gazing somberly at the ocean. A company man (actor Allan Louis) approaches him.

"You've been busy for a dead man," he tells Shatner. "After you jumped ship in Bangkok, I thought I'd lost you."

"Surfing is my life now," replies Shatner, who is formally dressed in a business suit, shirt and tie. But his pants legs are rolled up and he's got a surfboard tucked under his arm.

The Negotiator, ignoring entreaties to resume work, neatly manages a Priceline plug ("even faster, easier ways to save money" on travel) before dashing toward the Malibu waves.

Turns out Priceline just couldn't do without him.

"We had such a positive response to the ad where we appeared to throw him over a cliff that we wanted to find a creative way to bring him back," said Brett Keller, chief marketing officer for Priceline.com.

When last seen, the Negotiator was rescuing vacationers from a bus teetering on a bridge's railing. "Save yourselves — some money," he said, handing off his cellphone as he and the bus tumble into a dry creek bed. A violent explosion followed.

When the spot first aired in January, the company didn't know if or how the Negotiator would return, and neither did Shatner, Keller said.

The new ad from the Butler, Shine, Stern & Partners agency doesn't address how the Negotiator survived, but Shatner, 81, offers his preferred fantasy: "A beautiful girl gave me mouth-to-mouth resuscitation."

Whatever it took, the new ad reverses a flawed decision to throw the Negotiator under the bus, according to Shatner.

He's played the pitchman for six years and has done Priceline spots for about 14 in all.

"I knew it was a mistake, absolutely," he said.

Agreed, said Peter Sealey, adjunct professor at the Claremont Graduate University's school of management and former marketing head for the Coca-Cola Co.

Sealey had granted Priceline leeway when it gave the Negotiator the heave-ho. He reasoned that the company was changing its business model from "a name-your-price model to a fixed-price approach," and the pitchman seemed to speak to the past.

**Quoted**

**"You don't give up equity like Priceline had in Shatner. ... It's like Aflac giving up the duck"**

Claremont Graduate University school of management adjunct professor Peter Sealey on the Priceline bringing back Shatner's Negotiator character.

In retrospect, Sealey said, "You don't give up equity like Priceline had in Shatner. ... It's like Aflac giving up the duck or Progressive (insurance) giving up Flo," he said. Shatner's return "won't correct a bad earning report, but it is the right move."

THE ASSOCIATED PRESS

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# Hating the good guy the norm on Boss

**Drama series.** Troy Garity clashes with series star Kelsey Grammer in a show set in Chicago's political minefields

Troy Garity has identified four pillars of American life: the Government, the People, People with Money, and the Press.

At least, this theory serves him nicely on his Starz drama series Boss, where Garity plays a crusading newspaper editor who locks horns with the towering title character, Chicago Mayor Tom Kane, portrayed by series star Kelsey Grammer.

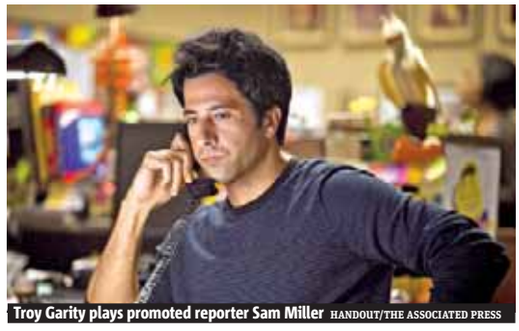
Garity relishes his role as Sam Miller, who, promoted from reporter for the scrappy Sentinel last season, now runs it.

"I'm a good source of agitation and conflict with our hero, the evil mayor," he says, even as he marvels at Kane's charismatic hold on the show's fictitious citizens and viewers alike.

"I'm actually doing the right thing," declares Garity. "But I'm vilified by the audience because I'm trying to take down the person the audience is rooting for."

In short, Sam Miller has a worthy adversary. As Boss begins its second season (Friday), Kane remains a titanic figure of charm, defiance and corruption. But at the same time human frailties haunt him, mostly in the form of a degenerative brain disease he is hellbent on hiding from the world.

"We're taught that we need to be in control of our lives," says Garity. "But however ruthless you are in cementing that control, there's always a higher power that can put you on bended knee."



Troy Garity plays promoted reporter Sam Miller HANDOUT/THE ASSOCIATED PRESS

So the central question of Boss is this: How much longer can Tom Kane prevail, and what toxic cocktail of forces — his illness, his political foes, moneyed interests who feel he's betrayed them, his fractious family, the dogged Sam Miller — will finally spell his downfall?

"The mayor's under siege from all fronts," says Garity, almost as pleased with this glorious foil as with the actor who plays him (Grammer "is so professional and, considering how dark the show is, so light and giving.")

As it happens, Garity has firsthand knowledge of the political world and the glare of the press that inform Boss. Though he bears the surname of his paternal grandmother, his mother is Jane Fonda, the Oscar-winning actress, political activist and lifelong lightning-rod for the right. His father is Tom Hayden — activist, former California state senator and one-time member of the Chicago Eight.

"My father thinks I'm playing him," laughs Garity.

THE ASSOCIATED PRESS

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# Twits on Twitter. Charlie Sheen returns to social media to some fanfare

Charlie Sheen is back on Twitter and TV. FREDERICK M. BROWN/GETTY IMAGES

CASSANDRA GARRISON
Metro World News

He couldn't stay away for more than a month. Though our favourite tiger-blood-filled celeb made a highly publicized exit from Twitter, he's re-joined the social network just in time to promote himself.

Charlie Sheen showed signs of life Wednesday on his Twitter account, which has more than 4 million followers, to let everyone know his father will be guest starring this Thursday on his show Anger Management — and, of course, we should all tune in.

"It's on! My pop guest stars Thursday on Anger Management. Watch my dad show up as my dad 9:30 p.m. on FX. Best yet!!" Sheen tweeted.

He attached a photo of himself with his dad, Martin Sheen. The two are yukking it up over a couple of beers.

Sheen hasn't tweeted since July 13 when he told followers, "reach for the stars everyone. dogspeed cadre. c out."

The cryptic message mystified fans who eventually interpreted the tweet as Sheen's resignation from Twitter. The Twittersphere rejoiced at his re-entry today.

"Charlie!!!! We love you here in Greece!!!" one fan tweeted.

"omg your back on! Watched Anger Management yest & was great!!" another said.

But if Sheen wants to keep his reputation as a High Priest Vatican Assassin Warlock, he's going to have to tweet better than this.

# No sequel for Stewart

While Rupert Sanders might still get to direct a follow-up to Snow White and the Huntsman, star Kristen Stewart reportedly won't be taking part, according to the Hollywood Reporter.

While a planned second film was set to follow Stewart's Snow White, studio Universal is now re-conceiving the sequel as a spin-off focusing on Chris Hemsworth's Huntsman.

"The studio is currently exploring options to continue the franchise," a Universal spokeswoman says. Sanders and Stewart made headlines when they acknowledged they'd been having an affair last month, though it's unclear if that situation had anything to do with the studio's decision.

Jean-Claude Van Damme

# Van Damme cheated on wife with Kylie Minogue

Nearly 20 years later, Jean-Claude Van Damme confirms that yes, he did in fact cheat on his then-wife, Darcy LaPier, with singer Kylie Minogue while filming Street Fighter, according to the Guardian.

"Yes, yes, yes. It happened," Van Damme tells the newspaper. "It would be abnormal not to have had an affair, she's so beautiful and she was there in front of me every day with a beautiful smile, simpatico, so charming. She wasn't acting like a big star."

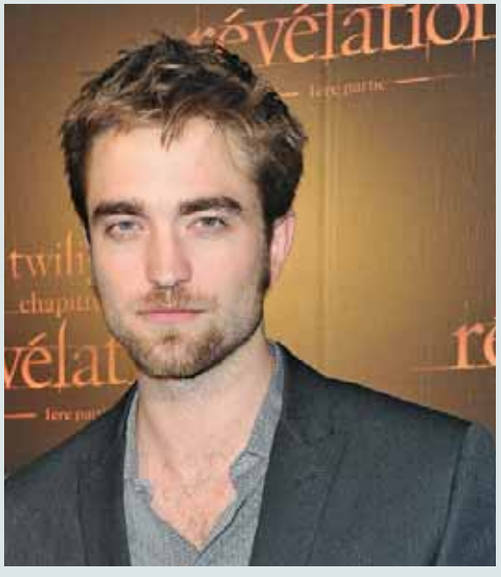
As for a more detailed recollection?

"You should ask her," he says. "She'll have a better memory. I'm 51 years old. Do you know how much I was punched in the face on The Expendables?"

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**



## *Pattinson dodging break-up questions*

MONICA WEYMOUTH
scene@metronews.ca

With his latest film, Cosmopolis, set to hit theatres Friday, Robert Pattinson — who has never been one to talk about his personal life — has been at the mercy of the media.

He eased into things Monday with The Daily Show, where Jon Stewart playfully offered him a pint of break-up Ben & Jerry's before obediently asking him about the film that no one cared about.

But Good Morning America host George Stephanopoulos wasn't about to let dignity get in his way yesterday morning.

After Pattinson didn't voluntarily offer any details about how he's coping after the Kristen Stewart cheating scandal, Stephanopoulos pressed, "What do you want your fans to know about what's going on in your personal life?"

Pattinson finally offered some insight: "I'd like my fans to know that Cinnamon Toast Crunch is just 130 calories."

We're pretty sure this is as close as we're ever going to get to eating breakfast with Robert Pattinson. And we'll take it — even if that is one skimpy little bowl of Cinnamon Toast Crunch.

Jennifer Aniston. ALL PHOTOS GETTY IMAGES

# Aniston's rocking a major rock

Jennifer Aniston has been hiding her engagement ring, but that won't stop us from talking about it. According to Life & Style, fiancé Justin Theroux is significantly poorer this week.

"It's a huge emerald-cut diamond," a "friend" of the couple tells the magazine of the eight-carat rock.

"It's a rectangle with tapered diamond baguettes on the sides."

We already feel creepy talking about this, so sure, let's go for broke: Angelina Jolie is wearing a similarly-cut engagement ring from Aniston's ex, Brad Pitt.

# Miley seems proud of new hairdo

Miley Cyrus has caught some flack for the drastic bleach-blond haircut she debuted on Twitter this week, but she's not taking it seriously.

In fact, she's taken to tweeting inspiring affirmations.

"Self love is the greatest of all flatterers," she posted Monday, while the next day she followed up with "Energy flows where our intention goes. Create your day," accompanied by a picture of the pixie-haired singer lounging in bed.

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On the Web

Cosmo's Helen Gurley Brown leaves a legacy of frank sexual talk and message of fulfilment

Already missing the Olympics? With a pair of these '70s-sportswear-inspired styles, you'll be going feet first into a sporting summer.

RICHARD PECKETT
richard.peckets@metro.lu

# 5 Sneakers to slip into the '70s

**Adidas Originals SL72 sneakers**

$91, asos.com

**Maison Martin Margiela 22 men's replica sneaker**

$419, oki-ni.com

**Onitsuka Tiger California 78**

$86, onitsukatiger.co.uk

**Reebok Paris Runner**

$55, reebok.com

**Nike classic Cortez vintage**

$65, nike.com

**Twitter**

JEANNE SPACE
Jeanne Beker
life@metronews.ca

**IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.**

**@Jeanne_Beker: My daughter just took on a train with vintage luggage circa 1940. Cool but hard to travel with. What rules for travel: Style or function?**

**@JeffreyLuscombe**
Style for train, function for plane.

**@Jeanne_Beker**
Hmmmm. Guess I should start taking trains more often!

**@KarleighSergio**
Your luggage should be function but you should always dress in style!

**@Jeanne_Beker**
Agreed!

**@shine2u**
Style.All style! Especially train travel

**@Jeanne_Beker**
Yeah--it is rather romantic after all.

**@Whatsinmypurse**
i think you can have both! Love function but would never give up style ...maybe compromise a wee bit

**@Jeanne_Beker**
I definitely think compromise is key--to all kinds of situations!

**@charlottenurse**
I have 3 hardshell suitcases from the 50s that I LOVE but are so impractical :(

**@Jeanne_Beker**
Tell me about it! We'll have to see how my daughter fares with hers...

@Jeanne_Beker: With @robinsharp aka Trixie Dixon + Bekky O'Neil aka @qualityslippers Raising funds for a musical!

@Jeanne_Beker: Tennis anyone?? In the Rolex box at the Rogers Cup! Very swish.

**The Kit**

# Canadian street style

**Spotted in: Halifax**

## Wendy Friedman

## Owner of Biscuit General Store boutique

## Age: 48

**What she's wearing:**
Axe & Apple necklace, Quiksilver Women dress, vintage Givenchy shoes,

**Her inspiration:**
"Sometimes I'm inspired by magazines, sometimes I dress according to my mood, but today I worked my outfit around my Downton-Abbey-inspired hair."

**THE KIT PHOTOBLOGGER: CELIA MOASE**

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# Small space design tricks

**Design centre.** Making a tiny condo look bigger

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

**I live in a small, open-space condo. The living, dining room and kitchen feels like one room. How do I define each space? Can I do it with a few different paint colours?**

If you want to make a small, open space feel larger, paint it all one neutral colour.

Keep in mind that you are painting one large room so the colour has to be rich enough to hold the entire space together. Use furniture arranging, art, mirrors and rugs to help define individual areas.

Go neutral with the long-term items like paint colour, soft furnishings and a dining table while add trend-setting colours in pillows, area rug and artwork.

## Tall leaning mirror

In long, narrow spaces a tall sturdy mirror will help visually widen the area and reflect natural light deep into a dark area. Place a large mirror behind the dining table to help open up a tight area. There's no better value than Ikea's Mongstad mirror; at over three feet by six feet in size, the hefty frame can be painted a trendy colour or left its neutral brown/black. Mongstad Mirror, $99, Ikea.ca

## Round table, $1485, casalife.com

A 42-54" round pedestal table is the perfect choice for in an open concept dining area. The round shape is easy to walk around (no corners to bump into) and the pedestal base offers more flexibility when seating guests. Casa Life's TAHA table fits the bill; its glass top and shiny stainless base reflects light and offers up a modern yet airy appearance.

## Warm grey paint colour

Choose a trend-setting warm grey paint colour as a neutral backdrop to your furnishings and artwork. Don't be afraid to choose a darker tone. Benjamin Moore's Museum Piece CSP-40 is an excellent colour that will look good with almost anything.

## Cedric Arm Chair, $549, UrbanBarn.com

Forego the traditional sofa and chairs for the living room and consider 4 matching club chairs for the space; creating a casual lounge feel will offer up more flexibility when you want to rearrange the room. The Cedric chair is a great choice as it is comfy and has trendy mid-century modern details like exposed wood and button detailing.

## Zak Ryg, $1,250, crateandbarrel.com

A rug that acts as artwork will not only add colour and personality to a space but help ground and define the living area. The most popular sized rug is an 8x10 which always seems to fit into any room setting. The Zak rug from Crate and Barrel adds many trend colours to pull from.

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In a perfect world, you should change your bed sheets every week. ISTOCK IMAGES

# Getting the bedding

**What kind of sheets should I buy for my master bed, how many do I need and how often do I need to change them? Diane B.**

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Diane B,

First, when you go shopping I don't want you to worry or stress about thread count.

Feel the sheets and remember the fabric has "sizing" (a combination of light glue and starch on them, making them stiff and look good in the retail store), so you really need to buy one sheet, wash it and sleep with it. I like sheets with "percale" in the summer. This is a closely woven smooth finish cotton. In the winter I love flannel sheets, and the best part of flannel for me is that they are warm on cold nights and don't need to be ironed!

I personally don't recommend anything with polyester simply because they don't breath, so you are more likely to sweat in them and be uncomfortable.

Once you find a brand of sheets you like, you should have a minimum of two sets, and if budget allows, a third set.

This way you have one set that is dirty, one on the bed and an emergency back up for spills, dogs, kids, life, etc. And finally in a perfect world bed sheets should be changed weekly.

Remember the human body sweats a litre of liquid per night and the exfoliation of dead skin about every 21 days all accumulate in your bed, and bacteria/mites love to feed on this.

Even if you don't have time to iron your sheets, change them often.

You will sleep better and feel better in clean fresh cotton sheets.

And the colour? I personally only buy white sheets but colour, pattern and style is truly a personal choice.

Pick your style and buy everything within that same style so it gives you lots of mix-and-match options. Sleep tight!

Eco-friendly options

# Use peat-free products for your yard

**Is peat moss an eco-friendly option for my yard and garden?**
**-Lesley of Edmonton**

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Not really. In nature, peat accumulates at a rate of half to one millimetre per year! And harvesting peat moss is like mining — a top layer of earth is scrapped off. But when left intact, peat is like any wetland ecosystem; it purifies and stores water. It's also the single largest terrestrial storer of carbon.

Canada is the leading world peat producer. We currently mine about 270 million acres of peat bogs — primarily in Quebec and New Brunswick.

The Canadian government requires that peat bogs be returned to functioning wetlands once extraction is complete (not unlike what they propose for the oil sands).

The moral of the story is, find other options. And from a gardener's perspective (which I am not) peat has little or no nutrient value, and it's poor mulch; it tends to dry out and even blow away.

**Here's how to choose peat-free products:**

- If the bag doesn't say peat-free, it probably isn't.
- Products with labels like "eco-friendly", "compost" and "organic" can contain peat.
- A high-quality peat-free material will typically be more expensive than you're used to.

What are the alternatives? First, choose native plants that are well-adapted to your region.

By well-adapted, I mean they'll grow best in local conditions and moisture and have a natural ability to combat pests. Or, use compost.

It's one of the easiest, cheapest and most eco-friendly ways to improve your soil (especially if you make it yourself) and it contributes more nutrients than sterilized peat.

One downside is that most compost has high pH and high levels of nutrients — some plants will benefit more than others. Another newer alternative is coir, which is made of coconut-shell fibre — a byproduct of the coconut industry in Sri Lanka and India.

It holds water and nutrients extremely well and has a pH suitable for all plants.

The major downside is that it's shipped from far-away countries.

Compost is a good substitute for peat. ISTOCK IMAGES

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SPECIAL INFORMATION FEATURE

The raw spaghetti and meatballs at a Café My House.
SAMANTHA EVERTS/FOR METRO

## *Sit down for a casual meal at Café My House*

Neatly tucked into a small strip mall in the south end of Ottawa is Café My House, a casual sit-down vegetarian restaurant. After tasting their incredible tempeh cheeseburger with miso gravy at Veg Fest in April, we were eager to try more.

The interior was darker than expected with a confused décor of wall decal stickers and a welcome mat that could use some brightening up. We ordered the Exotic smoothies with coconut, pineapple and banana, however, they were not blended with ice so not served chilled. They were rather expensive for a small glass.

We started with the fried squash balls with drops of maple-black bean sauce. Though tasty, they were one-note with too much cumin.

The Living Green sandwich, while positively vegan, gluten and soy-free, should have been advertised as a sushi platter as it was wrapped in nori. The presentation was beautiful with brown rice, broccoli and coriander stems sticking out and a sauce of savoury black sesame pesto.

We ordered the spaghetti and meatballs with raw pasta. The pasta was spiral zucchinis serving as the pasta for the vodka "cream" sauce. The bean balls had been fried and made of walnuts, tomatoes and basil. They were stuffed with Daiya mozzarella cheese, providing a nice surprise for vegans not used to cheese. The spring mix of salad leaves seemed an afterthought to finishing the plate and undressed.

The blueberry cheesecake was light, made of cashew cheese and topped with fresh blueberries, while the crust had prevalent tones of date. Daily dessert options are raw vegan.

Café My House is located at 1729 Bank St. For more, see cafemyhouse.com. SAMANTHA EVERTS

# The beer battleground

**Marketing.** Brewers try clever gimmicks to get the consumer to drink their product

JEFF O'REILLY
For Metro

In a highly competitive market where your customers are forced to make their beverage decisions from a row of tap handles, dozens and dozens of different beer bottles and tall cans that line the shelves at the LCBO or hundreds of ... um ... logos that adorn the walls of The Beer Store, it really is difficult to set yourself apart from the rest of the pack.

But one way brewers do it is with a sense of humour. Hops & Robbers, 10W30, Tactical Nuclear Penguin, Hoptical Illusion, and The Dog's Bollock's are all great examples designed to catch your eye, encourage a second glance, maybe a chuckle and, hopefully, tempt you into making a purchase.

Humour and beer, of course, go hand in hand.

When I saw the subject of today's review I immediately thought of my friend, comedian Christina Walkinshaw, not because she is bitter, but because she is definitely twisted (check her out on Twitter @walkinsauce if you don't believe me).

She is definitely cut from a different cloth, and the world is a better place because of her and all of her colleagues who craft their comedy like brewers craft their beers — unselfishly, for the enjoyment of others. So if a reduced inhibition to laughing out loud is a possible non-harmful side-effect of enjoying a couple brewskis, and laughter is the best medicine, then you should think about getting some well needed therapy, and go see a professional ... comedian, that is — it may be just what the doctor ordered.

Harviestoun's Bitter & Twisted (4.2 per cent alcohol by volume, 500 ml, $3.40 LCBO) pours a honeyed golden blonde with a short, white foam cap that fades quickly. There are bright, citrusy and floral hop aromas before tastes of fresh, zesty lemon (the twisted part), soft pine, grains and caramel up front and a pleasant, lilting, grassy hop bitter ending. The beer is nicely balanced, creamy, medium bodied, with subtle carbonation and a nice dry finish. This former Champion Beer of Britain will definitely put a smile on your face.

While Harviestoun's blonde beer may be Bitter & Twisted, find out if Christina Walkinshaw is as well when she appears at Yuk Yuk's on Elgin Street this weekend. JEFF O'REILLY/FOR METRO

**Craft beer festival**

- The National Capital Craft Beer Festival runs Friday and Saturday from 11 a.m. to 10:30 p.m. at Marion Dewar Plaza in front of city hall. Tickets are on sale at the venue. For more, see national-capitalbeerweek.com.

# Vintages. Sake for sipping and supping

JULIE STOCK
For Metro

Rhone Valley releases and sake are showcased in the Aug. 18 LCBO Vintages release.

This is what you will find in my shopping cart after a trip to Vintages this week.

**Fielding Pinot Gris VQA 2011 (LCBO #251108, $21.95)**
Golden Niagara fruit flavours drift from this crisp white.

**Bosman Adama White 2010 (LCBO #282764, $18.95)**
Five white grape varietals all blended together. Peaches and cream in a bottle.

**Domaine Grandy**

IF I HAD $100 ... TO SPEND AT VINTAGES

**Vacqueyras 2010 (LCBO #287532, $18.95)**
A gold medal winner, loads of rich, red berry flavours.

**Famille Perrin La Gille Gigondas 2010 (LCBO #906073, $29.95)**
A big, cherry red with sweet spice flavours — dry wine candy.

**Hwa Rang Junmai Daiginjo Sake (LCBO #225516, $9.70)**
Citrusy ... and don't forget the sushi.

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Try the Domaine Ruet La Fontenelle Chiroubles after a fun day at the Capital Pride Parade. CONTRIBUTED

# Two reds for summer events

SEASONAL SIPS
Allyson Bycraft
For Metro

**Capital Pride, Aug. 17-26:** The Beaujolais wine district, found in the southern part of the larger wine region of Burgundy, France, is known for its lighter-styled reds made from the Gamay grape.

Of the many villages that produce Beaujolais, 10 have been singled out as superior in quality. Chiroubles is one of these, known especially as a delightfully light, floral-fruity quaff. Try the Domaine Ruet La Fontenelle Chiroubles ($16.95, LCBO #282095) after a fun day at the parade. Available at Vintages Saturday.

**Maya: Secrets of Their Ancient World Exhibition, on now:** Not far north of the former Mayan territory is the location of Mexico's best-known wine producer.

L.A. Cetto Private Reserve Petite Syrah ($19.95, LCBO #291062) is a step up in quality from the already popular regular bottling of its Petite Syrah — a grape that likes the hot climate found in the Baja area.

That climate accounts for the still youthful, deep, purple colour of this four-year-old wine. The proximity of the vineyards to the coast, however, ensures that ocean breezes keep the grapes just cool enough to make a quality wine. Available at Vintages Saturday.

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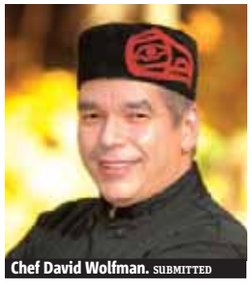
# Tired of beef burgers? Bison Sliders give grilled eats a tasty Native touch

An enthusiastic educator and entertainer, Chef David Wolfman, is an internationally-recognized and award-winning expert in wild game and traditional Aboriginal cuisine.

He is also the executive producer and host of Aboriginal Peoples Television Network's popular Cooking With the Wolfman program, on which he displays his signature Aboriginal Fusion.

Wolfman shares his delicious recipe for Bison Sliders, which you can serve up on a traditional hamburger bun with all your favourite condiments.



Chef David Wolfman. SUBMITTED

Bison Sliders

Bison is a tender, lean red meat alternative. CHRIS CHIDSEY

**Ingredients**

- 500 g ground Bison meat
- 5 ml each of rosemary, thyme and chives, chopped finely
- 125 g wild rice, cooked
- 2 med eggs
- 5 ml Dijon mustard
- 15 ml chili paste
- salt and pepper to taste
- 50 g bread crumbs
- 20 ml olive oil

**1.** In a bowl mix the ground Bison meat, herbs and wild rice, then add the eggs, Dijon, chili paste, bread crumbs, salt and pepper and mix well. Form into small patties and chill for 30 minutes.

**2.** In a sauté pan, heat the oil, place the patties, cook until they are brown, turn over and repeat.

**3.** Remove from pan and place into the oven and cook until the internal temp is 165 F.

**4.** Serve on slider buns and with a salad such as a Jicama Slaw. Garnish with sliced tomato and spinach greens. Enjoy! RECIPE COURTESY OF CHEF DAVID WOLFMAN/ PLANET INDIGENUS FESTIVAL

**Cookbook of the Week**

## Enjoy earthy feasts all year round

Andrew George, of Canada's Wet'suwet'en Nation is a well-respected aboriginal chef and instructor who has spent the last 25 years promoting the traditions of First Nations food.

In A Feast for All Seasons, written with Robert Gairns, he has compiled aboriginal recipes that feature ingredients from the land, sea and sky.

The 120 recipes include delectable, make-at home dishes such as Salmon and Fiddlehead Stirfry, Stuffed Wild Duck, Barbecued Oysters, Panfried Rabbit with Wild Cranberry Glaze, Clam Fritters, Wild Blueberry Cookies, Moose Chili and more. METRO

## Wolfman's Three Sister Relish. Delicious condiment

This recipe makes six 250 ml jars. MARLENE FINN

**Ingredients**

- 1 corn on the cob, roasted, cooled and removed from husk
- 5 medium zucchini
- 3 medium yellow onions, diced
- 1 red pepper, diced
- 1/2 green pepper, diced
- 3 tbsp pickling or canning salt
- 10 oz black beans (canned drained and rinsed)
- 1 1/4 cup granulated sugar
- 1 1/4 cup white vinegar
- 1 1/4 tsp nutmeg
- 1 1/4 tsp turmeric
- 2 tbsp horseradish
- 1/2 jalepeno pepper dice

**1.** In a stainless steel bowl, combine corn, zucchini, onions, peppers and salt, and mix well. Cover and let stand for 6 hours. Strain mixture, rinse and let drain.

**2.** In a stainless steel pot, combine zucchini mixture with beans, sugar, vinegar, tumeric, nutmeg, jalapeno and horseradish. Bring to a simmer and allow it to do so for 40 to 50 minutes, stirring occasionally. Do not let all the liquid evaporate.

**3.** Sanitize jars, lids and all canning instruments. Then fill hot jars with hot relish, leaving about 1 cm of headspace. Remove any air bubbles and fill if necessary. Wipe rims, place sterilized lids on center of each jar. Screw band on jars, tighten firmly.

**4.** Place jars in canner, make sure that cans are adequately covered with water. Bring to a boil and process for 15 minutes. Turn off and let rest in water for 10 minutes. Remove jars and store, do not disturb for 1 hour.

**5.** Serve the Three Sister Relish on Buffalo patties.

RECIPE COURTESY OF CHEF DAVID WOLFMAN/ PLANET INDIGENUS FESTIVAL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# NHL and players' union still worlds apart, says Bettman

**CBA.** 'Number of issues' still unresolved with time running out

With one month to go before the NHL's collective bargaining agreement expires, the league and players seem no closer to a deal than when talks began in June.

In fact, the divide may have grown even further.

It took commissioner Gary Bettman less than 24 hours to conclude that the first proposal from the NHL Players' Association held little appeal for the owners.

"There's still a wide gap between us with not much time to go," Bettman said Wednesday in Toronto.

"I do think it's fair to say that the sides are still apart — far apart — and have different views of the world and the issues," he added.

The current CBA expires Sept. 15 and Bettman has made it clear that the league will enact a work stoppage if a new deal isn't in place by then.

On Tuesday, the union put forth a proposal that included a smaller percentage of revenues for players over the next three seasons in exchange for an expanded revenue-sharing program to help struggling teams. The NHLPA estimated that players would be giving up $465 million US in salaries if the league continued on its pace of growth each season.

However, that math didn't add up for the league.

"I think it's fair to say that we value the proposal and what it means in terms of its economics differently than the players' association does," said Bettman. "I think there still are a number of issues where we're looking at the world differently. I'm not sure that there has yet been a recognition of the economics in our world — and I mean the greater world and the sports industry, taking into account what recently happened with the NFL and the NBA."

Both of those leagues went through recent lockouts before ultimately seeing the players' share in revenue reduced. The NHL's initial proposal called for a significant reduction from 57 per cent to 43 per cent, when factoring in changes to the way revenue is calculated.

THE CANADIAN PRESS

**Quoted**

**"It takes two sides to make a deal, it takes two sides to negotiate and it takes two sides if it all goes bad."**

NHL commissioner Gary Bettman

NHL commissioner Gary Bettman arrives for collective bargaining talks in Toronto on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

**Fehr cries foul**

## NHLPA head bristles at reception

The strong words Wednesday left many feeling like another lockout is ahead.

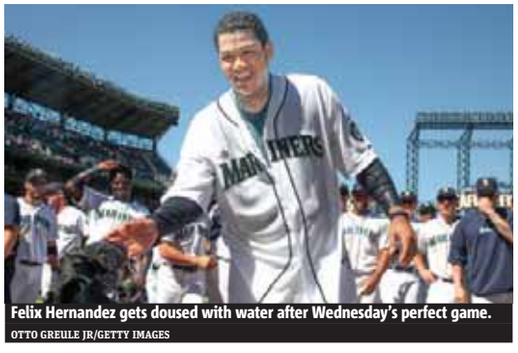
Donald Fehr, the NHLPA's executive director, was disappointed the owners weren't more receptive to what he viewed as significant concessions in the NHLPA's offer.

"There's a pretty substantial monetary gulf which is there and when you start with the proposal the owners made, how could it be otherwise?" said Fehr. "I mean, consider what the proposal was: It is 'Let's move salaries back to where they were before the (2004-05) lockout started, back to the last time.'

"'We had a 24 per cent reduction last time, let's have another one.' That was the proposal. That's what creates the gulf."

The sides broke off from talks with two completely different offers on the table and no meaningful negotiation sessions planned until Aug. 22. THE CANADIAN PRESS

# Hernandez finds perfection versus Rays



Felix Hernandez gets doused with water after Wednesday's perfect game. OTTO GREULE JR/GETTY IMAGES

King Felix now has a crowning achievement.

Felix Hernandez pitched the Seattle Mariners' first perfect game and the 23rd in baseball history, overpowering the Tampa Bay Rays in a brilliant 1-0 victory Wednesday.

The 2010 AL Cy Young Award winner has long talked of his desire to achieve pitching perfection. He finally accomplished it against the Rays, finishing with 12 strikeouts.

"I don't have any words to explain this," Hernandez said to the crowd, speaking on the field after the final out. "I've been working so hard to throw one and today is for you guys."

It was the third perfect game in baseball this season — a first — joining gems by Chicago's Philip Humber against the Mariners in April and San Francisco's Matt Cain versus Houston in June.

It also was the sixth no-hitter in the majors this season, three of them at Seattle's Safeco Field. Humber threw his gem in Seattle, then six Mariners pitchers combined to hold the Los Angeles Dodgers hitless at the park on June 8.

For the Rays, it was an all-too-familiar feeling. It was the third time in four seasons they had a perfect game pitched against them.

THE ASSOCIATED PRESS

**By the numbers**

**12**

Twelve of MLB history's 23 perfect games have come in the last 25 seasons.

**Tennis**

## Injury forces Nadal out of U.S. Open

Rafael Nadal's Grand Slam count will stay stuck at 11 for now, sidetracked by another knee problem. The third-ranked Spaniard withdrew from the U.S. Open on Wednesday. The two-week tournament begins Aug. 27.

THE ASSOCIATED PRESS

**Soccer**

**"While the news is devastating, I have much to be thankful for."**

**Bolton midfielder Fabrice Muamba,** who retired from soccer Wednesday. Muamba suffered a cardiac arrest during a game in March and made his decision after medical consultations last week.

**CFL**

## Mitchell's appeal on ban falls flat

B.C. Lions defensive lineman Khalif Mitchell will serve a two-game suspension for hyperextending another player's arm in a game last month.

An arbitrator has upheld the two-game ban, originally handed down July 23.

Mitchell appealed the decision and has remained in the Lions lineup.

The incident occurred in a July 22 game between Edmonton and B.C., when Mitchell violently pulled on the arm of Edmonton offensive lineman Simeon Rottier.

The suspension is significant by CFL standards because it's the longest ever issued by commissioner Mark Cohon. THE CANADIAN PRESS

B.C. Lions defensive lineman Khalif Mitchell. THE CANADIAN PRESS

4 SPORTS

**Mobile sports**

**Things in Boston just keep getting worse. With the Red Sox sitting 12 1/2 games back in the AL East, rumours had been swirling about a player mutiny against manager Bobby Valentine. The drama forced club owner John Henry to try to dispel that notion on Wednesday. Scan the code for the story.**

# MLB

## AMERICAN LEAGUE

**EAST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| New York | 69 | 47 | .595 | — |
| Baltimore | 63 | 53 | .543 | 6 |
| Tampa Bay | 63 | 53 | .543 | 6 |
| Boston | 57 | 60 | .487 | 12½ |
| Toronto | 55 | 61 | .474 | 14 |

**CENTRAL DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Chicago | 63 | 52 | .548 | — |
| Detroit | 63 | 55 | .534 | 1½ |
| Cleveland | 54 | 63 | .462 | 10 |
| Kansas City | 50 | 65 | .435 | 13 |
| Minnesota | 50 | 67 | .427 | 14 |

**WEST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Texas | 67 | 48 | .583 | — |
| Oakland | 61 | 54 | .530 | 6 |
| Los Angeles | 61 | 56 | .521 | 7 |
| Seattle | 54 | 64 | .458 | 14½ |

**Wednesday's results**
Detroit 5, Minnesota 1
Tampa Bay at Seattle
Boston at Baltimore
Texas at N.Y. Yankees
Chicago White Sox at Toronto
Oakland at Kansas City
Cleveland at L.A. Angels
**Tuesday's results**
Baltimore 7, Boston 1
N.Y. Yankees 3, Texas 0
Chicago White Sox 3, Toronto 2
Detroit 8, Minnesota 4
Kansas City 5, Oakland 0
L.A. Angels 9, Cleveland 6
Seattle 3, Tampa Bay 2
**Thursday's games**
Texas (D.Holland 7-6) at N.Y. Yankees (Nova 11-6), 1:05 p.m.
Boston (Buchholz 10-3) at Baltimore (Tillman 5-2), 7:05 p.m.
Chicago White Sox (Liriano 3-10) at Toronto (Laffey 3-3), 7:07 p.m.
Oakland (Straily 0-0) at Kansas City (Hochevar 7-10), 8:10 p.m.
Tampa Bay (Price 15-4) at L.A. Angels (Haren 8-9), 10:05 p.m.
**Friday's games**
Baltimore at Detroit, 7:05 p.m.
Boston at N.Y. Yankees, 7:05 p.m.
Texas at Toronto, 7:07 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Cleveland at Oakland, 10:05 p.m.
Tampa Bay at L.A. Angels, 10:05 p.m.
Minnesota at Seattle, 10:10 p.m.

### AL LEADERS

| | G | AB | R | H | Avg. |
|---|---|---|---|---|---|
| Trout, LAA | 94 | 381 | 91 | 130 | .341 |
| MiCabrera, Det | 117 | 463 | 76 | 151 | .326 |
| Jeter, NYY | 114 | 488 | 69 | 156 | .320 |
| Mauer, Minn | 107 | 396 | 66 | 126 | .318 |
| Revere, Minn | 81 | 341 | 45 | 108 | .317 |
| Konerko, ChiW | 101 | 377 | 49 | 119 | .316 |
| Ortiz, Bos | 89 | 320 | 65 | 101 | .316 |
| AJackson, Det | 95 | 373 | 75 | 117 | .314 |
| Rios, ChiW | 112 | 434 | 69 | 135 | .311 |
| Cano, NYY | 116 | 454 | 74 | 141 | .311 |

**HOME RUNS -** ADunn, Chi Sox, 33; Hamilton, Texas, 32; Encarnacion, Toronto, 30; Granderson, N.Y. Yankees, 30; Willingham, Minnesota, 30; MiCabrera, Detroit, 29; Trumbo, L.A. Angels, 29.
**PITCHING -** Weaver, L.A. Angels, 15-2; Price, Tampa Bay, 15-4; Sale, Chi Sox, 14-3; MHarrison, Texas, 13-7; Vargas, Seattle, 13-8; Sabathia, N.Y. Yankees, 12-3; Verlander, Detroit, 12-7; Darvish, Texas, 12-8.
**Not including last night's games**

## NATIONAL LEAGUE

**EAST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Washington | 72 | 45 | .615 | — |
| Atlanta | 67 | 49 | .578 | 4½ |
| New York | 55 | 61 | .474 | 16½ |
| Philadelphia | 54 | 63 | .462 | 18 |
| Miami | 53 | 65 | .449 | 19½ |

**CENTRAL DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Cincinnati | 70 | 46 | .603 | — |
| Pittsburgh | 64 | 52 | .552 | 6 |
| St. Louis | 63 | 53 | .543 | 7 |
| Milwaukee | 52 | 63 | .452 | 17½ |
| Chicago | 46 | 70 | .397 | 24 |
| Houston | 39 | 80 | .328 | 32½ |

**WEST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Los Angeles | 64 | 53 | .547 | — |
| San Francisco | 64 | 53 | .547 | — |
| Arizona | 58 | 58 | .500 | 5½ |
| San Diego | 52 | 66 | .441 | 12½ |
| Colorado | 43 | 71 | .377 | 19½ |

**Wednesday's results**
Miami 9, Philadelphia 2
Chicago Cubs 7, Houston 2
Milwaukee at Colorado
Washington at San Francisco
L.A. Dodgers at Pittsburgh
N.Y. Mets at Cincinnati
San Diego at Atlanta
Arizona at St. Louis
**Tuesday's results**
L.A. Dodgers 11, Pittsburgh 0
Cincinnati 3, N.Y. Mets 0
Philadelphia 1, Miami 0
Atlanta 6, San Diego 0
Houston 10, Chicago Cubs 1
St. Louis 8, Arizona 2
Colorado 8, Milwaukee 6
San Francisco 6, Washington 1
**Thursday's games**
L.A. Dodgers (Blanton 8-10) at Pittsburgh (A.J.Burnett 14-4), 4:05 p.m.
N.Y. Mets (Harvey 1-3) at Cincinnati (H.Bailey 10-7), 7:10 p.m.
San Diego (Marquis 6-6) at Atlanta (Medlen 3-1), 7:10 p.m.
Philadelphia (Cl.Lee 2-7) at Milwaukee (Estrada 0-5), 8:10 p.m.
Arizona (Cahill 9-10) at St. Louis (Lohse 12-2), 8:15 p.m.
Miami (Nolasco 9-11) at Colorado (White 2-6), 8:40 p.m.
**Friday's games**
N.Y. Mets at Washington, 7:05 p.m.
Chicago Cubs at Cincinnati, 7:10 p.m.
L.A. Dodgers at Atlanta, 7:35 p.m.
Arizona at Houston, 8:05 p.m.
Philadelphia at Milwaukee, 8:10 p.m.
Pittsburgh at St. Louis, 8:15 p.m.
Miami at Colorado, 8:40 p.m.
San Francisco at San Diego, 10:05 p.m.

### NL LEADERS

| | G | AB | R | H | Avg. |
|---|---|---|---|---|---|
| McCutchen, Pgh | 112 | 421 | 81 | 151 | .359 |
| MeCabrera, SF | 113 | 459 | 84 | 159 | .346 |
| Votto, Cin | 86 | 298 | 52 | 102 | .342 |
| Posey, SF | 106 | 375 | 50 | 124 | .331 |
| DWright, NYM | 112 | 415 | 70 | 134 | .323 |
| CGonzalez, Col | 105 | 417 | 75 | 134 | .321 |
| Holliday, StL | 113 | 432 | 75 | 136 | .315 |
| YMolina, StL | 101 | 375 | 46 | 117 | .312 |
| Altuve, Hou | 109 | 436 | 67 | 131 | .300 |
| Braun, Mil | 108 | 418 | 73 | 125 | .299 |

**HOME RUNS -** Braun, Milwaukee, 29; Beltran, St. Louis, 28; Kubel, Arizona, 25; Bruce, Cincinnati, 23; Holliday, St. Louis, 23; LaRoche, Washington, 23; McCutchen, Pittsburgh, 23.
**PITCHING -** Dickey, N.Y. Mets, 15-3; GGonzalez, Washington, 15-6; Cueto, Cincinnati, 15-6; AJBurnett, Pittsburgh, 14-4; Lynn, St. Louis, 13-5; Strasburg, Washington, 13-5; Hamels, Philadelphia, 13-6; Bumgarner, San Francisco, 13-7.
**Not included including last night's games**

## TUESDAY

### WHITE SOX 3, BLUE JAYS 2

| Chicago | AB | R | H | BI | BB | SO | Avg. |
|---|---|---|---|---|---|---|---|
| De Aza cf | 4 | 1 | 1 | 1 | 0 | 0 | .282 |
| Wise lf | 4 | 0 | 1 | 1 | 0 | 0 | .275 |
| Rios rf | 4 | 0 | 0 | 0 | 0 | 2 | .311 |
| A.Dunn 1b | 4 | 0 | 1 | 0 | 0 | 0 | .208 |
| Youkilis 3b | 4 | 0 | 1 | 0 | 0 | 1 | .239 |
| Pierzynski c | 4 | 1 | 1 | 0 | 0 | 0 | .298 |
| Al.Ramirez ss | 3 | 0 | 0 | 0 | 0 | 0 | .260 |
| Viciedo dh | 3 | 1 | 2 | 0 | 0 | 0 | .252 |
| Beckham 2b | 3 | 0 | 0 | 0 | 0 | 0 | .224 |
| **Totals** | **33** | **3** | **7** | **2** | **0** | **3** | |
| **Toronto** | **AB** | **R** | **H** | **BI** | **BB** | **SO** | **Avg.** |
| R.Davis lf | 4 | 1 | 3 | 0 | 1 | 0 | .263 |
| McCoy cf-2b | 4 | 1 | 0 | 1 | 1 | 0 | .235 |
| Encarnacion dh | 4 | 0 | 1 | 0 | 0 | 0 | .294 |
| Cooper 1b | 4 | 0 | 1 | 0 | 0 | 1 | .286 |
| Gose pr-cf | 0 | 0 | 0 | 0 | 0 | 0 | .188 |
| Y.Escobar ss | 4 | 0 | 1 | 1 | 0 | 0 | .248 |
| Sierra rf | 4 | 0 | 1 | 0 | 0 | 1 | .361 |
| K.Johnson 2b | 3 | 0 | 0 | 0 | 0 | 1 | .230 |
| Y.Gomes ph-1b | 1 | 0 | 0 | 0 | 0 | 1 | .173 |
| Mathis c | 4 | 0 | 1 | 0 | 0 | 1 | .216 |
| Hechavarria 3b | 2 | 0 | 1 | 0 | 0 | 0 | .136 |
| Rasmus ph | 1 | 0 | 1 | 0 | 0 | 0 | .250 |
| Vizquel pr | 0 | 0 | 0 | 0 | 0 | 0 | .213 |
| **Totals** | **35** | **2** | **10** | **2** | **2** | **5** | |

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **Chicago** | **000** | **030** | **000** | **—3** | **7** | **0** |
| **Toronto** | **101** | **000** | **000** | **—2** | **10** | **2** |

E—H.Alvarez 2 (4). LOB—Chi 3, Tor 9. 2B—R.Davis (19), Cooper (8), Hechavarria (1). RBIs—De Aza (44), Wise (10), McCoy (4), Y.Escobar (38). SB—R.Davis 2 (35), Gose (6). S—Hechavarria.

| Chicago | IP | H | R | ER | BB | SO | NP | ERA |
|---|---|---|---|---|---|---|---|---|
| Quintan W, 5-2 | 6⅓ | 8 | 2 | 2 | 2 | 4 | 105 | 2.77 |
| Myers H, 4 | ⅓ | 0 | 0 | 0 | 0 | 0 | 3 | 0.79 |
| Thornton H, 18 | ⅓ | 1 | 0 | 0 | 0 | 0 | 7 | 3.83 |
| A.Red S, 21-24 | 1⅓ | 1 | 0 | 0 | 0 | 1 | 13 | 3.83 |
| **Toronto** | **IP** | **H** | **R** | **ER** | **BB** | **SO** | **NP** | **ERA** |
| H.Alvarez L, 7-10 | 7 | 7 | 3 | 2 | 0 | 2 | 84 | 4.48 |
| Loup | 1⅓ | 0 | 0 | 0 | 0 | 1 | 17 | 2.65 |
| Jenkins | ⅓ | 0 | 0 | 0 | 0 | 0 | 5 | 0.00 |

T—2:31. A—18,919 (49,260).

### BLUE JAYS STATISTICS

| BATTERS | AB | R | H | HR | RBI | AVG |
|---|---|---|---|---|---|---|
| Sierra | 32 | 4 | 12 | 1 | 3 | .375 |
| McCoy | 13 | 2 | 4 | 0 | 3 | .308 |
| Encarnacion | 408 | 71 | 120 | 30 | 80 | .294 |
| Cooper | 115 | 13 | 33 | 4 | 10 | .287 |
| Lawrie | 397 | 59 | 112 | 9 | 40 | .282 |
| Davis | 277 | 48 | 71 | 6 | 32 | .256 |
| Escobar | 423 | 50 | 105 | 7 | 37 | .248 |
| Rasmus | 415 | 56 | 103 | 20 | 66 | .248 |
| Bautista | 328 | 63 | 80 | 27 | 65 | .244 |
| Arencibia | 281 | 36 | 68 | 16 | 50 | .242 |
| Johnson | 392 | 50 | 91 | 13 | 43 | .232 |
| Lind | 198 | 17 | 45 | 8 | 27 | .227 |
| Mathis | 135 | 20 | 29 | 6 | 19 | .215 |
| Vizquel | 108 | 10 | 23 | 0 | 3 | .213 |
| Gose | 64 | 7 | 12 | 0 | 2 | .188 |
| Gomes | 74 | 8 | 13 | 3 | 10 | .176 |
| Hechavarria | 20 | 1 | 2 | 0 | 0 | .100 |

| PITCHERS | W | L | SV | IP | SO | ERA |
|---|---|---|---|---|---|---|
| Mathis | 0 | 0 | 0 | 2.0 | 0 | 9.00 |
| Jenkins | 0 | 0 | 0 | 4.0 | 2 | 0.00 |
| Lyon | 1 | 0 | 0 | 10.0 | 20 | 0.90 |
| Oliver | 2 | 2 | 2 | 42.2 | 42 | 1.27 |
| Janssen | 1 | 1 | 15 | 45.2 | 46 | 2.36 |
| Loup | 0 | 2 | 0 | 15.2 | 10 | 2.87 |
| Morrow | 7 | 4 | 0 | 77.2 | 67 | 3.01 |
| Villanueva | 6 | 2 | 0 | 80.2 | 86 | 3.12 |
| Perez | 2 | 2 | 0 | 42.0 | 39 | 3.43 |
| Lincoln | 0 | 0 | 0 | 7.0 | 4 | 3.86 |
| Frasor | 1 | 1 | 0 | 36.0 | 45 | 4.00 |
| Delabar | 3 | 1 | 0 | 44.1 | 60 | 4.06 |
| Alvarez | 7 | 9 | 0 | 135.2 | 51 | 4.58 |
| Hutchison | 5 | 3 | 0 | 58.2 | 49 | 4.60 |
| Drabek | 4 | 7 | 0 | 71.1 | 47 | 4.67 |
| Laffey | 3 | 3 | 0 | 61.0 | 32 | 4.72 |
| Romero | 8 | 9 | 0 | 143.2 | 99 | 5.32 |
| Happ | 1 | 1 | 0 | 17.0 | 16 | 6.35 |
| Santos | 0 | 1 | 2 | 5.0 | 4 | 9.00 |
| Coello | 0 | 1 | 0 | 6.1 | 11 | 12.79 |

**Not including Tuesday's game**

# SOCCER

## MLS

### EASTERN CONFERENCE

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Kansas City | 24 | 13 | 7 | 4 | 30 | 22 | 43 |
| New York | 24 | 12 | 7 | 5 | 40 | 34 | 41 |
| Houston | 24 | 11 | 6 | 7 | 35 | 27 | 40 |
| Chicago | 23 | 11 | 7 | 5 | 28 | 25 | 38 |
| Montreal | 26 | 10 | 13 | 3 | 36 | 43 | 38 |
| D.C. | 22 | 11 | 8 | 3 | 36 | 29 | 36 |
| Columbus | 20 | 8 | 8 | 4 | 20 | 21 | 28 |
| Philadelphia | 21 | 7 | 12 | 2 | 23 | 27 | 23 |
| New England | 23 | 6 | 12 | 5 | 26 | 29 | 23 |
| Toronto | 22 | 5 | 13 | 4 | 25 | 40 | 19 |

### WESTERN CONFERENCE

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| San Jose | 24 | 14 | 5 | 5 | 47 | 29 | 47 |
| Salt Lake | 25 | 13 | 9 | 3 | 36 | 30 | 42 |
| Seattle | 23 | 10 | 6 | 7 | 32 | 24 | 37 |
| Vancouver | 24 | 10 | 7 | 7 | 28 | 29 | 37 |
| Los Angeles | 25 | 11 | 11 | 3 | 43 | 39 | 36 |
| Chivas USA | 21 | 7 | 9 | 5 | 14 | 25 | 26 |
| Dallas | 25 | 6 | 11 | 8 | 29 | 34 | 26 |
| Colorado | 24 | 8 | 15 | 1 | 31 | 35 | 25 |
| Portland | 22 | 5 | 12 | 5 | 20 | 37 | 20 |

**Note:** 3 points for a win, 1 for a tie.
**Wednesday's results**
Los Angeles at Columbus
Portland at Toronto
Dallas at Vancouver
**Saturday's games**
**All times Eastern**
Vancouver at Seattle, 4 p.m.
Kansas City at Toronto, 4:30 p.m.
San Jose at Montreal, 7:30 p.m.
New England at Chicago, 8:30 p.m.
Chivas USA at Colorado, 9 p.m.
Dallas at Salt Lake, 9 p.m.

# GOLF

## WEEKEND GLANCE

### WYNDHAM CHAMPIONSHIP
**Site:** Greensboro, N.C.
**Schedule:** Thursday-Sunday.
**Television:** Golf Channel (Thursday, 3-6 p.m., 8:30-11:30 p.m.; Friday, 3-6 p.m., 10:30 p.m.-1:30 a.m.; Saturday-Sunday, 1-2:30 p.m., 9:30 p.m.-12:30 a.m.) and CBS (Saturday-Sunday, 3-6 p.m.).
**Online:** www.pgatour.com

## LPGA TOUR

### SAFEWAY CLASSIC
**Site:** North Plains, Ore.
**Schedule:** Friday-Sunday.
**Television:** Golf Channel (Friday, 6:30-8:30 p.m.; Saturday, 10:30 a.m.-12:30 p.m., 6:30-9:30 p.m.; Sunday, 3-5 a.m., 10:30 a.m.-12:30 p.m., 6:30-9:30 p.m.; Monday, 3-5 a.m.).
**Online:** www.lpga.com

## CHAMPIONS TOUR

### DICK'S SPORTING GOODS OPEN
**Site:** Endicott, N.Y.
**Schedule:** Friday-Sunday.
**Television:** Golf Channel (Friday, 12:30-2:30 p.m.; Saturday, 2:30-4:30 a.m., 3-6 p.m.; Sunday, 1-3 a.m., 3-6 p.m.; Monday, 1-3 a.m.).
**Online:** www.pgatour.com

## WEB.COM TOUR

### MIDWEST CLASSIC
**Site:** Overland Park, Kan.
**Schedule:** Thursday-Sunday.
**Television:** None.
**Online:** www.pgatour.com

# TENNIS

## ATP-WTA

### WESTERN & SOUTHERN OPEN
**At Mason, Ohio**
**Wednesday's results**
**Singles**
**Men**
**Second Round**
Mardy Fish (10), United States, def. Carlos Berlocq, Argentina, 6-3, 6-1.
Viktor Troicki, Serbia, def. Lleyton Hewitt, Australia, 6-2, 6-0.
Nikolay Davydenko, Russia, def. Florian Mayer, Germany, 6-3, 6-3.
Novak Djokovic (2), Serbia, def. Andreas Seppi, Italy, 7-6 (4), 6-2.
Juan Martin del Potro (6), Argentina, def. Tommy Haas, Germany, 7-5, 6-2.
Jeremy Chardy, France, def. Denis Istomin, Uzbekistan, 6-4, 6-3.
Andy Murray (3), Britain, def. Sam Querrey, United States, 6-2, 6-4.
Milos Raonic, Canada, def. Marcos Baghdatis, Cyprus, 6-7 (6), 6-3, 6-4.
Kei Nishikori (14), Japan, def. James Blake, United States, 2-6, 6-4, 6-4.
Radek Stepanek, Czech Republic, def. Juan Monaco (8), Argentina, 7-6 (2), 6-1.
Marin Cilic (12), Croatia, def. Jesse Levine, United States, 7-5, 7-6 (6).
**Women**
Agnieszka Radwanska (1), Poland, def. Sofia Arvidsson, Sweden, 6-4, 6-3.
Sloane Stephens, United States, def. Camila Giorgi, Italy, 6-2, 6-1.
Andrea Hlavackova, Czech Republic, def. Dominika Cibulkova (11), Slovakia, 7-6 (1), 4-1, retired.
Anastasia Pavlyuchenkova (17), Russia, def. Julia Goerges, Germany, 6-3, 6-0.
Peng Shuai, China, def. Roberta Vinci, Italy, 6-3, 6-4.
Petra Kvitova (4), Czech Republic, def. Mona Barthel, Germany, 3-6, 6-2, 7-5.
Sara Errani (7), Italy, def. Daniela Hantuchova, Slovakia, 6-4, 6-4.
Urszula Radwanska, Poland, def. Yaroslava Shvedova, Kazakhstan, 4-6, 4-1, retired.
Ekaterina Makarova, Russia, def. Anna Tatishvili, Georgia, 6-1, 6-2.
Venus Williams, United States, def. Chanelle Scheepers, South Africa, 2-6, 6-3, 6-2.
**Doubles**
**Men**
**First Round**
Juan Sebastian Cabal, Colombia, and Bruno Soares, Brazil, def. Colin Fleming and Ross Hutchins, Britain, 6-4, 6-4.
Ivan Dodig, Croatia, and Marcelo Melo, Brazil, def. Tomas Berdych, Czech Republic, and Florian Mayer, Germany, 6-4, 6-3.
**Women**
Eleni Daniilidou, Germany, and Peng Shuai, China, def. Jelena Jankovic, Serbia, and Shahar Peer, Israel, 6-1, 6-3.
**Second Round**
Andrea Hlavackova and Lucie Hradecka (5), Czech Republic, def. Julia Goerges, Germany, and Kveta Peschke, Czech Republic, 6-1, 4-6, 10-6 tiebreak.

# TRANSACTIONS

## MLB

COMMISSIONER'S OFFICE — Suspended San Francisco OF Melky Cabrera 50 games for violating Major League Baseball's Joint Drug Prevention and Treatment Program.

### AMERICAN LEAGUE

BALTIMORE ORIOLES — Assigned OF Endy Chavez outright to Norfolk (IL).
KANSAS CITY ROYALS — Released 2B Yuniesky Betancourt.
MINNESOTA TWINS — Selected the contract of SS Pedro Florimon from Rochester (IL).
TORONTO BLUE JAYS — Agreed to terms with C Yorvit Torrealba on a minor league contract.

### NATIONAL LEAGUE

CHICAGO CUBS — Fired vice president of player personnel Oneri Fleita.
COLORADO ROCKIES — Recalled RHP Guillermo Moscoso from Colorado Springs (PCL). Designated RHP Mike Ekstrom for assignment.
NEW YORK METS — Assigned LHP Garrett Olson outright to Buffalo (IL).
ST. LOUIS CARDINALS — Agreed to terms with 1B Brock Peterson on a minor league contract.
SAN FRANCISCO GIANTS — Placed RHP Brad Penny on the 15-day DL. Recalled RHP Dan Otero from Fresno (PCL). Assigned RHP Guillermo Mota to the AZL Giants.
International League
CHARLOTTE KNIGHTS — Sent RHP Gregory Infante to Birmingham (SL).

## NBA

CLEVELAND CAVALIERS — Named Koby Altman pro personnel manager.
DETROIT PISTONS — Signed F Khris Middleton.

## NFL

### NFL

CAROLINA PANTHERS — Waived G Andre Ramsey. Signed RB Armond Smith.
NEW YORK GIANTS — Placed DT Martin Parker on the waived-injured list. Signed DT Carlton Powell and DT Oren Wilson.

## NHL

SAN JOSE SHARKS — Re-signed F Brandon Mashinter to a one-year contract.

# FOOTBALL

## NFL PRE-SEASON

**Thursday's games**
**All times Eastern**
Cleveland at Green Bay, 8 p.m.
Cincinnati at Atlanta, 8 p.m.

# CFL

**EAST DIVISION**

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| Hamilton | 6 | 3 | 3 | 0 | 182 | 198 | 6 |
| Toronto | 6 | 3 | 3 | 0 | 138 | 151 | 6 |
| Montreal | 6 | 3 | 3 | 0 | 164 | 188 | 6 |
| Winnipeg | 6 | 1 | 5 | 0 | 127 | 199 | 2 |

**WEST DIVISION**

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| B.C. | 6 | 4 | 2 | 0 | 158 | 119 | 8 |
| Edmonton | 6 | 4 | 2 | 0 | 139 | 99 | 8 |
| Calgary | 6 | 3 | 3 | 0 | 186 | 174 | 6 |
| Saskatchewan | 6 | 3 | 3 | 0 | 175 | 141 | 6 |

**WEEK 8**
**Thursday's game**
**All times Eastern**
Hamilton at Winnipeg, 8 p.m.
**Friday's game**
Montreal at Edmonton, 9 p.m.
**Saturday's game**
Toronto at Calgary, 7 p.m.
**Sunday's game**
Saskatchewan at B.C., 7 p.m.

# Giants slugger 'deeply sorry' after big ban

**MLB.** NL's top hitter to sit 50 games for testosterone use

Melky Cabrera was suspended 50 games Wednesday following a positive test for testosterone, putting an abrupt end to what had been an MVP-calibre regular season and throwing the San Francisco Giants' playoff hopes into doubt.

Cabrera leads with National League in hitting. His penalty was the first for a high-profile player since last year's NL MVP, Ryan Braun, had his suspension overturned by an arbitrator last winter. The Braun case led to revisions in the drug agreement between owners and the players' association to better define procedures for handling the urine samples.

"My positive test was the result of my use of a substance I should not have used," Cabrera said in a statement released by the union. "I accept my suspension under the Joint Drug Program and I will try to move on with my life. I am deeply sorry for my mistake and I apologize to my teammates, to the San Francisco Giants organization and to the fans for letting them down."

**Quoted**

**"We fully support Major League Baseball's policy and its efforts to eliminate performance-enhancing drugs from our game."**

The San Francisco Giants' response in a statement

Cabrera is batting .346 with 11 home runs and 60 RBIs in his first season with San Francisco and is five hits shy of 1,000 in his big league career. Flashing bright orange spikes, he singled and hit a two-run homer last month in the National League's 8-0 win in the all-star game, earning MVP honours and securing home-field advantage for the World Series.

Cabrera could still win the NL batting title. He has 501 plate appearances, one less than the minimum required to win a batting championship for a player on a team playing 162 games. However, under 10.22(a) of the Official Baseball Rules, he would win the batting title if an extra hitless at-bat is added to his average and it remains higher than that of any other qualifying player.

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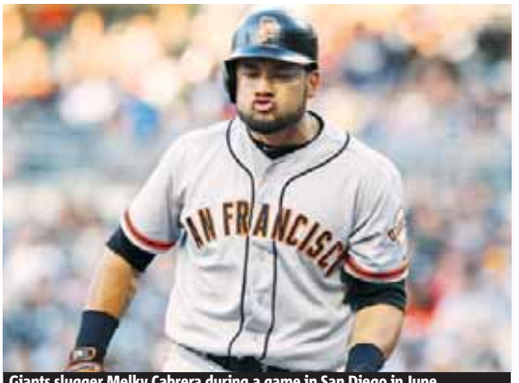

Giants slugger Melky Cabrera during a game in San Diego in June.

LENNY IGNELZI/THE ASSOCIATED PRESS

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### Personals

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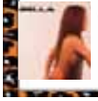

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### Miscellaneous

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## Horoscopes

### ♈ Aries
**March 21 - April 20**
Don't cut corners or disobey rules, especially on the work front where colleagues and employers won't be too happy if you do the opposite of what is expected of you. There's a lot at stake — don't mess up.

### ♉ Taurus
**April 21 - May 21**
Watch what you say today because you may be tempted to go over the top and let slip something you will later regret. Also, make no accusations that you cannot back up with rock solid facts and figures.

### ♊ Gemini
**May 22 - June 21**
Your financial situation is not so bad that you have to cash in your stocks and shares or sell off your assets. However, your everyday spending habits do need some attention. Where can you make savings?

### ♋ Cancer
**June 22 - July 23**
Petty arguments could very easily get out of hand today, so watch your temper. Others may be unjustly critical of what you are doing but the best way to deal with them is just to ignore them.

### ♌ Leo
**July 24 - Aug. 23**
You seem to be out of touch with what is going on around you at the moment but that's no bad thing. If you get involved with other people's battles, you could end up as one of the wounded.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Listen to what other people have to tell you today and, if their proposals sound good, offer to join forces and make it happen. You are not the only one who has good ideas. Teamwork invariably brings success.

### ♎ Libra
**Sept. 24 - Oct. 23**
What you are offered today may fall short of what you desire but the planets indicate it is the best deal you are going to get, so you might as well take it. And don't forget to show your appreciation.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Delays of one sort or another are likely today but don't let that stop you getting out into the world and meeting new people. In most situations, a smile and a kind word will get you past obstructions.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Few things are as bad as they first appear to be and if you keep that thought in mind today you won't go far wrong. A temporary setback is just that so don't make a huge deal of it.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
It may be easy to get annoyed with people who cannot live up to your standards, but if you do it will only make matters worse. Stay calm and realize that, for some, your standards are impossibly high.

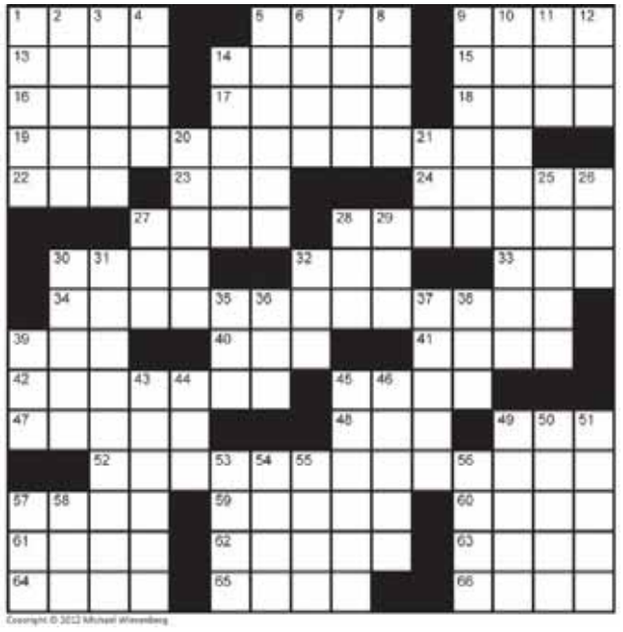
### ♒ Aquarius
**Jan. 21 - Feb. 19**
You would be wise to think twice before acting on a hunch today, especially on the work front where your reputation could take a nose-dive if you make the wrong call. Let's others take the risks.

### ♓ Pisces
**Feb. 20 - March 20**
You should be doing more. You should be making better use of the talents you were born with. What you need to remember is that each and every day can be a new beginning. Forget about yesterday — act today.

SALLY BROMPTON

## Crossword: It's a Puzzle

BY MICHAEL WIESENBERG



**Across**
1. ___ cadabra
5. Chimney cleaner's concern
9. The most successful Swedish music act
13. Beaufort and Bering
14. Fall crop spoiler
15. Street
16. Painting and sculpture, e.g.
17. Slightest
18. Animal fat
19. Ottawa resident who starred in the Mummy film series (2 wds.)
22. Hardly a gentleman
23. Key beside F1
24. *My Dinner with* ___: 1981 film
27. Ancient cross with circular loop
28. ___ Party: Canada's oldest federally registered party
30. ___ time: never (2 wds.)
32. Inc.'s Canadian counterpart
33. Lubricant
34. What Canada Day commemorates
39. ___ up: soak (gravy with bread)
40. "___ are for kids"
41. Emoters
42. Northwest ___: sea route on Canadian mainland's N coast
45. Vancouver team member
47. *The* ___: series starring Mr. T (2 wds.)
48. ___ and outs
49. Consumed
52. City known as "The Birthplace of Confederation"
57. Tegan and ___: Calgary-born rockers
59. "___ No Good": Linda Ronstadt hit
60. Spoiled kid
61. Any time
62. 1950s Ford flop
63. Mix by hand
64. "___ Smile Be Your Umbrella" (2 wds.)
65. Arranges, as a dinner table
66. Window unit

**Down**
1. "It's easy ___!": very simple (comparison) (2 wds.)
2. Legendary Yankee catcher Yogi
3. ___ R: for mature audiences
4. Org.
5. Canadian language
6. Bread unit
7. Soviet Union
8. Songstress James
9. Garfield's feline girlfriend
10. Corporate meeting place
11. Place serving 53-Down
12. Sum
14. Chemistry lab vessel
20. Words before "iniquity" or "thieves" (2 wds.)
21. Sat. or Sun. (depending on religion)
25. Precipitates
26. House wing 27. "Barbara ___": 1966 Beach Boys hit
28. Env. content
29. Film noir actress Lupino
30. "... ___ of many colors" (2 wds.)
31. Hush-hush (2 wds.)
32. ___ Luthor: Superman's nemesis
35. Heart measure, for short
36. Expire
37. "All ___ in favor ..."
38. Gandalf portrayer McKellen
39. Whirlpool site
43. African desert
44. "I ___ Rock": Simon & Garfunkel hit (2 wds.)
45. Gasoline units
46. "___ Inside": computer slogan
49. Main artery
50. Ontario-born singer Shania
51. ___ nous: confidentially (literally, between us)
53. Strong drinks sometimes called redeye
54. Ore deposit
55. Eject
56. Three tsps.
57. Poivre tablemate
58. 15-Across cousin: abbr.

## Yesterday's crossword

## What's online

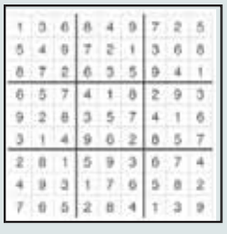
See today's answers at metronews.ca/answers.

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | 3 | | | 9 |
| 2 | 7 | | | 1 | | 8 | | |
| | | | 2 | | 5 | | | 7 |
| | | | 8 | 2 | | 6 | | |
| 7 | | 6 | | | | 1 | | 2 |
| | | 4 | | 3 | 1 | | | |
| 5 | | | 4 | | 6 | | | |
| | | 7 | | 9 | | | 6 | 5 |
| 4 | | | 1 | | | | | |

## Yesterday's Sudoku



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